
Digitized by the Internet Archive
in 2012 with funding from
internet archive

http://archive.org/details/betterhomesgarde68juldesm

For Reference
Do Not Take
From the Library

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623

ER HOMES & GARDENS
July

...MILY REUNION-

3 9042 02350708 7

Better Homes and Gardens®

1990

ET THE
SUN SHINE IN
UMMER-BRIGHT DECORATING IDEAS

A TIMBER FRAME
AM HOME
D-CRAFTED AND
WITH ROMANCE

H FROM
GARDEN!
MMER RECIPES

BURLINGA
UN 5 1990
LIBRARY

#31C*******CAR-RT-SORT**CR30
11-BRLPRM-480225 9N
SEP90 ED 09494 02
BURLINGAME PUB LIB AGE
480 PRIMROSE RD
BURLINGAME CA 94010

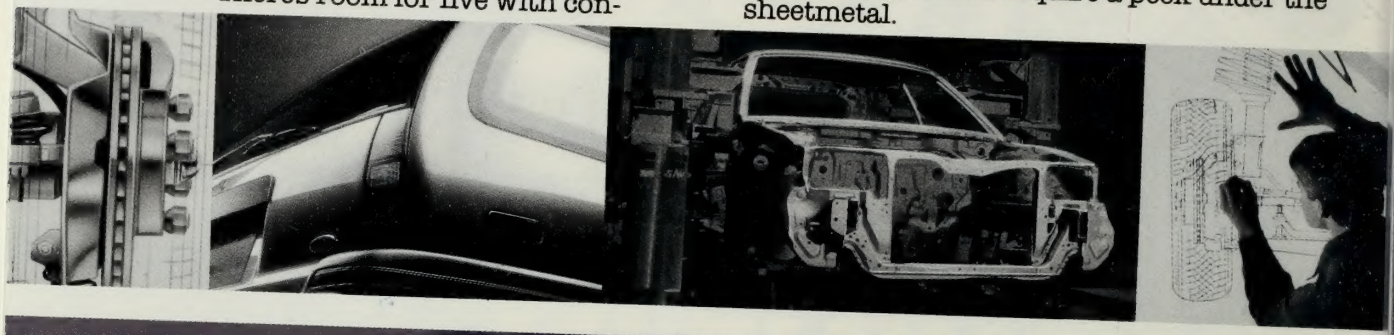
0 140055 7

Designed with a purpose.

Escort Wagon brings a new level of sophistication to a very practical category of cars. Its superb fit and finish and semiflush glass give it the aero look of a sedan. Yet, its design extends well beyond looks, providing more passenger and cargo room than ever.

There's room for five with considerable space left over to carry whatever they bring along. And, with the back seats down, there's a generous 66.9 cubic feet of stowage.

And though the beauty of its design is obvious at a glance, its other equally attractive qualities require a peek under the sheetmetal.





Buckle up — together we can save lives.

Our goal: Build a car to rival any small car in the world. More rigid body panels and stronger stress points for greater structural support are just two of this wagon's many strong points. Even the paint is tough. The body goes through painstaking finishing and anti-corrosive processes, then is primed and painted using state-of-the-art methods. The outcome is a glassy smooth finish that's more chip resistant. And a car that's a solid value overall.

The Next Escort Wagon

Have you driven a Ford...lately? Ford

M



© 1990 Lever Brothers Co.

ADIOS, TACOS

Sunlight® has real lemon juice.

It cleans up the messiest Mexican dish muy pronto, because it cuts through the toughest foods–baked, grilled, or re-fried–in no time! Sunlight means easy cleaning–in any language.



Sunlight. We make light work of dishes.

JULY 1990; Vol. 68 No. 7

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

ON THE COVER

Let the Sunshine In
Summer-bright decorating ideas **33**
A Timber Frame Dream Home
Handcrafted and filled with romance **59**
Fresh from the Garden!
15 Summer recipes **97**

BETWEEN FRIENDS

Editor's Letter **7**
Family Network® *Our readers write* **20**
The Man Next Door® *Writes about family, friends, and neighbors* **148**

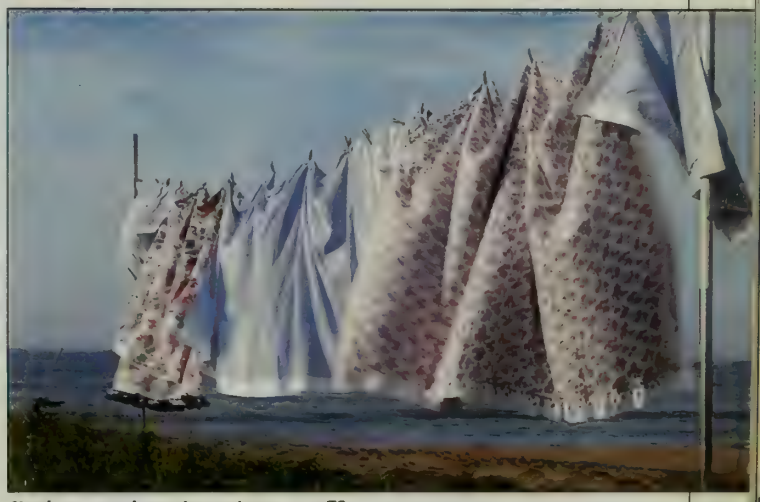
FOR YOUR HOME

Home Style *Cool down* **8**
Let the Sunshine In *How a small space sees the light* **33**
Gardener's Almanac **53**
The Art and Craft Of a Timber Frame **59**
Easy, Breezy Summer Style
Decorating with sheets **73**
Live-In Kitchen **84**

ON THE ROAD

How to Plan A Family Reunion Vacation **133**
Telltale Leaks
Auto warning signs and what to do **126**

continued on page 4



Simple-to-sew decorating projects, page 73



How to plan a family reunion, page 133

Cover Photograph:
Randy Foulds

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. JULY, 1990. Vol. 68, No. 7.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.



Look what your can of Campbell's® can do.



CAMPBELL'S CLASSIC TUNA NOODLE CASSEROLE

A one-dish dinner classic for 32 years, now made microwave quick.

- 1 can Campbell's® Cream of Celery Soup
- ½ cup milk
- 2 cups cooked egg noodles
- 1 cup cooked peas
- 2 tbsp. chopped pimento
- 2 cans (about 7 oz. each) tuna, drained and flaked
- 1 tbsp. butter
- 2 tbsp. dry bread crumbs

MICROWAVE: In 2-qt. microwave-safe casserole, combine soup and milk; stir in noodles, peas, pimento and tuna. Cover; microwave on HIGH 9 min. or until hot, stirring twice during heating. Meanwhile, in small saucepan, in hot butter, stir bread crumbs until lightly browned. Sprinkle over noodle mixture. 4 servings.

CONVENTIONAL: Prepare as above using 1½-qt. casserole. Bake at 400°F. for 25 min. Top with buttered bread crumbs. Bake 5 min.

M'm! M'm! Good!®

© 1989 Campbell Soup Company

CONTENTS

continued from page 3

FAMILY MATTERS

Raising Unbiased Children
Stopping prejudice before it starts **22**
Dial 1 for Teacher
Computerized phone communication between parents and schools **24**
Lyme Disease Update **42**
Tricks Memory Plays **44**
New Kind of Sun Block **49**
Health Update **50**
The War on Fleas *How to keep your pets free of pests* **128**

OUR ENVIRONMENT

When You Picnic, Keep It Green **30**

GOOD FOOD

Good Food/Good Health
Fit food for small fry **40**
Fast-to-Fix Family Favorites: Dinner in Minutes
Soup and salad for two **90**
Summer Harvest
Recipes fresh from the garden **97**
How to Use Nutrition Information **114**
Win Money for Your Recipes **115**
Micro-Quick Seafood Dinners **116**
Prize Tested Recipes®
Special Burgers
Best Blueberry Desserts **119**
Plum-Good Desserts **122**



Recipes fresh from the garden, page 97

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers of products shown on our editorial pages* **129**
Directory of Architects and Designers **131**
Shopping Editor's Choice **142**
How to Order *Special offers, project plans, and kits* **147**

Customer Service Information

For service on your subscription, including change of address, write to Customer Service Manager Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free **1-800/678-2666.**

WE CARE!

A DAY'S WORTH OF DAIRY CALCIUM, LIFE SIZE.



See how easily dairy calcium fits into your life? It doesn't take much to get 100% of your minimum daily requirement.

So you don't need to fill your plate to fill your calcium needs. And dairy foods go with every possible meal.

Best of all, dairy calcium is natural and delicious.

So let dairy foods satisfy your calcium needs, for life.

America's Dairy Farmers
National Dairy Board

© 1989 N.D.B.

REAL DAIRY CALCIUM

DAIRY CALCIUM. CALCIUM THE WAY NATURE INTENDED.™

© 1990 THE DRACKETT CO



Renuzit Freshell.™
The Latest Wave In Air Fresheners.

Renuzit Freshell. It's a beautiful shell on the outside. And inside it's a long-lasting air freshener...tl freshens all day, all week, all month. The latest wave in air fresheners...Renuzit Freshell in your choice of 4 delightfully fresh scents.



Good-looking. Hard-working.



DAVID JORDAN

Jilann talks 'em through . . .

LIKE GETTING LETTERS FROM HOME

DEAR READERS,

The big noise in American business these days is "customer service." Businesses are beginning to realize that the way they deal with their customers is as important as the products they market. Big surprise, huh?

Our own company has started an ambitious customer service campaign, which has caused me to examine more closely what happens on my own staff. While I'm certain there's room for improvement (there always is), I was pleased by what I found.

"...THEY CONSIDER READER LETTERS A REAL PLUS..."

One thing to understand up front is that *Better Homes and Gardens*® has lots of customers. Our circulation is 8 million, and by the time you count all the family members, friends, and neighbors who share each copy of the magazine, it turns out that about 31 million Americans read *Better Homes and Gardens* every month.

As I'm sure you can imagine, we get a lot of mail from such a huge audience. Much of it involves changes of address and problems with subscription billing, routine matters that we *don't* treat routinely. But many of the letters are addressed to me or to editors within our various departments. We don't treat these letters routinely, either. We answer them all, personally.

Our Interior Design Department, for instance, often gets pleas for decorating help in the form of long letters describing a room or even a whole house. Although we can't provide a complete redecorating scheme, the letter that goes back from Denny or Sandy or Bob or Becky is full of ideas, tips, and suggestions to get the reader started.

Jilann Severson, our crafts editor, tells me she often calls readers who write with problems about a crafts project, talking them through the solution. Jil even spent an evening recently stitching a quilt block as an example to send off to a reader who couldn't quite get how to do it from our instructions.

All the editors I talked with said that they consider reader letters a real plus, even those letters that complain about something. By hearing from you, we learn what you like and don't like, what your interests are, and what we can publish that will best serve you.

And there's another part of it as well. Let me quote Jilann: "My reaction to reader letters? Most of them make me feel warm inside. The letters of thanks and the photographs of projects, often including family pictures, really make my heart happy. When someone takes the time and effort to use one of my ideas, it makes me proud—proud of the work I've done, proud of how our lives have crossed, and, most of all, proud of that reader. They've really accomplished something, and so have I."

I guess the real secret of turning that giant stack of mail that comes every day from a chore to a pleasure is that we're not hearing from "customers," but from family and friends.

David Jordan

David Jordan, Editor in Chief

IF INSPIRATION DOESN'T COME TO YOU, SEND FOR IT.



FREE

For 20 colorful pages of Pella Windowscaping℠ ideas, call 1-800-524-3700 toll free. Or send this coupon to: Pella Windows and Doors, Dept. C00260, 100 Main Street, Pella, Iowa 50219.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

I plan to ☐ build ☐ remodel ☐ replace.

This coupon answered in 24 hours.

Also available throughout Canada. © 1990 Rolscreen Company.

Pella

BUILT TO IMPOSSIBLY HIGH STANDARDS. OUR OWN.™

C00260

HOME S·T·Y·L·E

Best Bets for Better Homes

BY JIM WILLIAMS, JILANN SEVERSON, AND NANCY HALL

COOL DOWN!

Can't beat the heat? Are the dog days getting you down? Drop the degrees with any of these refreshing summertime perks. They're so-o-o-o cool!



CLIP THE LIGHT FAN-TASTIC

Brightly colored plastic battery-powered fans put the wind wherever you want it. Suggested retail: $16.
Milano Series, Division of Line Exchange, Inc., 34 MacQuesten Parkway So., Mt. Vernon, NY 10550-1704; 914/699-3050.

STERLING DESIGN

Lunt's slim, trim "William and Mary Contemporary" sterling flatware is as smooth as ice and as refreshing as a summer's breeze. Suggested retail: $367 (five-piece place setting).
Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301.



CHINA BLUES

Chill out at that warm-weather party with cool-colored or ocean-inspired china. Splashes of water colors or ripples of a shell motif bring wave reviews to the table.
(clockwise from upper left) "Oceanside," Wedgwood; "Colorways," Lindt-Stymeist; "Normandie," Loneoak & Co.; "Minto," Arzburg; "Laure Japy," Barneys New York.

PHOTOGRAPHS: PERRY STRUSE

Mom and Citrus Hill gave my business a healthy start.

Mrs. Grill is more than Jeff's mom. She's also his marketing V.P. And it was her idea that Jeff sell Citrus Hill Fresh Recipe Lemonades. Because they're made with the goodness of the whole lemon—the juice from the heart, a spritz from the peel. Plus, they come in three varieties: traditional, and with a splash of lime or a splash of cherry. Pure, simple, 100% natural Citrus Hill Fresh Recipe Lemonades. Look for them in your supermarket. And at a lemonade stand near you.



Citrus Hill® Fresh Recipe™ emonades for whole-lemon goodness.

HOME STYLE

COOL COLOR

Splash on a coat of color—it's the next-best thing to a tropical breeze. Surround yourself with shades of blues and greens for an easygoing, laid-back feeling. *Available at your nearest Sherwin-Williams Decorating Center.*

COLD SHOWER?

Australia's favorite shower is spraying across the states. With an adjustment span of 20 inches, it'll tickle even the tallest tummies. Suggested retail: Chrome, $50; all colors, $70; 23K gold, $100. *Reon, 7486 La Jolla Blvd., No. 555, La Jolla, CA 92037; 800/777-REON.*

PERFECT TEA, EVERY TIME

Brew up a quick pitcher of frosty iced tea in an instant. In less than 10 minutes, "The Iced Tea Pot" steeps real tea and pours it into an acrylic serving pitcher. Suggested retail: $49.95. *Mr. Coffee, Inc., 24700 Miles Rd., Bedford Heights, OH 44146.*

MESHING AROUND

It's summertime, and the livin' is breezy. Butterfly Chair Replacement Covers made of sun-and-soil-resistant mesh slip over fold-up butterfly frames for cool, comfortable seating. Suggested retail: $25. *Milano Series, Division of Line Exchange, Inc., 34 MacQuesten Parkway So., Mt. Vernon, NY 10550-1704; 914/699-3050.*



INVASION OF THE LITTLE PEOPLE.

People with a Serta® Perfect Sleeper® know what it's like to have a little company. It happens almost every weekend. The kids come in, and they get in.

Maybe they don't know it's the luxurious Serta Surface that brings them there. But they know it's your bed. And they know it's comfortable. The most comfortable spot in the house.

You can count on them keeping you company for quite a while. And if it gets a little late for breakfast, well, there's always brunch.

Weekends like this are something you could get used to.

No wonder people are saying: "I Want My Serta!"



PERFECT SLEEPER®
mattresses

©Serta, Inc., 1990

It's better in the shower.









If you want to get close, really close, take a shower (or a nice hot bath) with a Smooth Operator.[SM]

Smooth Operators are the cordless razors from Panasonic that can shave wet, with lather. They unite the closeness of a warm, wet shave with the no-nick safety of an electric for sleek, sexy, great-looking legs.

The Smooth Operator Bikini Trimmer also can be used in the tub or shower. It's fast, gentle and this summer, a necessity. *Available at fine stores everywhere.*

SMOOTH OPERATOR

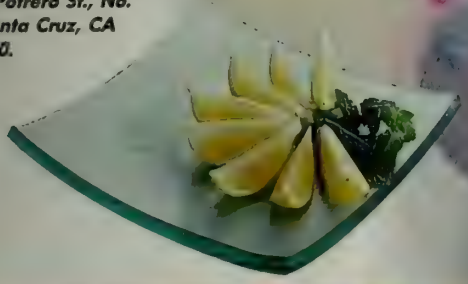
from **Panasonic**®

Smoother than you ever thought you'd be.

HOME STYLE

SMOOTH AS ICE

Peel away the frills. Annieglass' handmade 10×10-inch Clear Slab takes a minimalist approach to serving. Suggested retail: $40.
Annieglass Studio, 303 Potrero St., No. 8, Santa Cruz, CA 95060.



DEEP FREEZE

Frosty frozen plastic ice balls keep those beverages cold without diluting them. Suggested retail: 19 cents each.
Available at Pier 1 Imports. For the store nearest you, call 800/44PIER1.

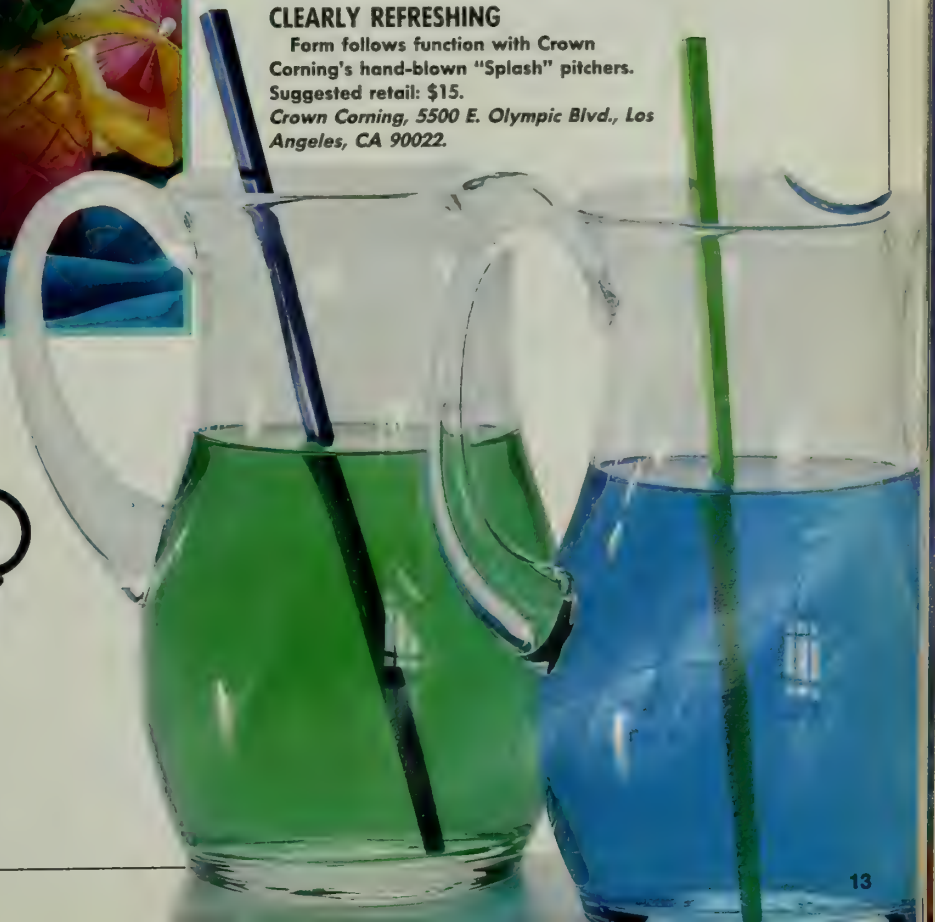


TROPICAL PUNCH

This funky little pineapple canteen cheerfully totes your juice or gin and is so much fun it'll make you grin. Suggested retail: $8.95.
Fun Designs, Inc., P.O. 2837, Duxbury, MA 02331; 617/934-7136.

CLEARLY REFRESHING

Form follows function with Crown Corning's hand-blown "Splash" pitchers. Suggested retail: $15.
Crown Corning, 5500 E. Olympic Blvd., Los Angeles, CA 90022.





HIGH-TECH SERVERS

Keep those drinks ice-cream cold with Crown Corning's cone-shape chillers. Suggested retail: $30.
"Conique" Thermique, Crown Corning, 5500 E. Olympic Blvd., Los Angeles, CA 90022.



WE'D LIKE TO PUT 600 WINDOWS AND DOORS IN YOUR MAILBOX.

The windows and doors with the industry's most innovative designs, most advanced materials and the longest lasting warranty can all be yours.



PEACHTREE
DOORS AND WINDOWS

Free Brochure

For a comprehensive brochure on the broadest line and best ideas in windows and doors, give us a call at 800-447-4700. Or just mail in the coupon.

I plan to: ☐ build ☐ remodel ☐ replace

Name:_____

Address:_____

City:_____ State:_____ Zip:_____

Mail To:
Peachtree Doors and Windows
P.O. Box 3900 Dept. C01G0
Peoria, IL 61614.

Better Homes and Gardens®

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Directors
JERRY J. RANK PAUL ZIMMERMAN
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Interior Design Editor ROBERT E. DITTMER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Associate Editor REBECCA JERDEE
Editorial Assistant SUSAN McBROOM

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Associate SCOTT R. TOLAN

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.;
MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego;
HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa;
BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas;
MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.;
MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

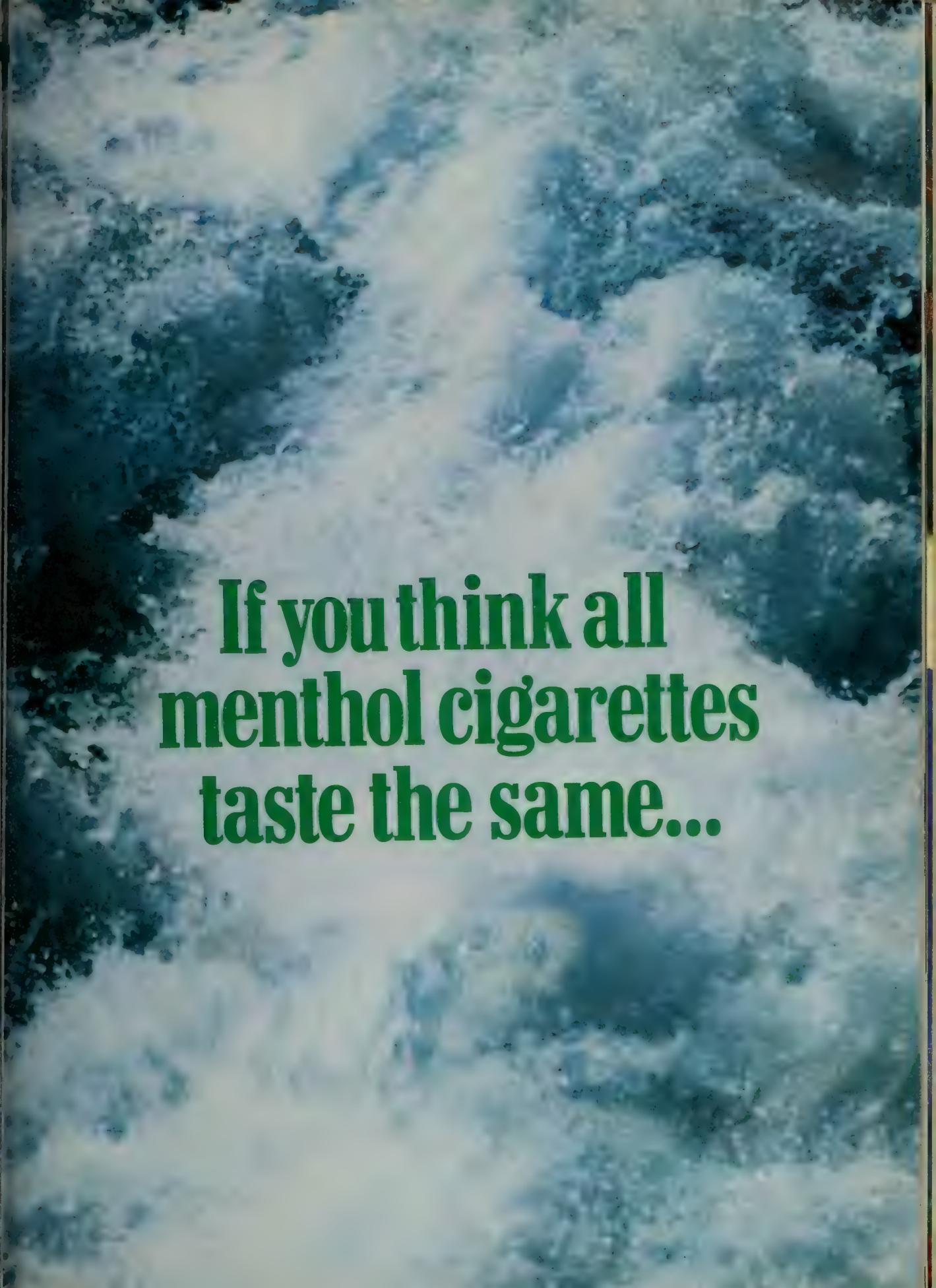
BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Manager SUSAN D. STORY Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER, ROBERT KURTZ,
CHRIS OGAARD, DEBRA SANDERS, NEIL ORNE, KAREN EVERETT, MATTHEW PETERSEN
Direct Response: Manager NICHOLAS L. DISTASIO
Account Executive PATTI FOLLO New Jersey: HAMILTON D. WEBSTER Minneapolis: RICK WHEELER
Atlanta: Southern Manager JAMES J. SOMMERVILLE Southeastern Manager KELTON LYONS Chicago: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY Detroit: Mideast Manager RICHARD MONLEY Account Executive: JANET DAVY
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL Los Angeles: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

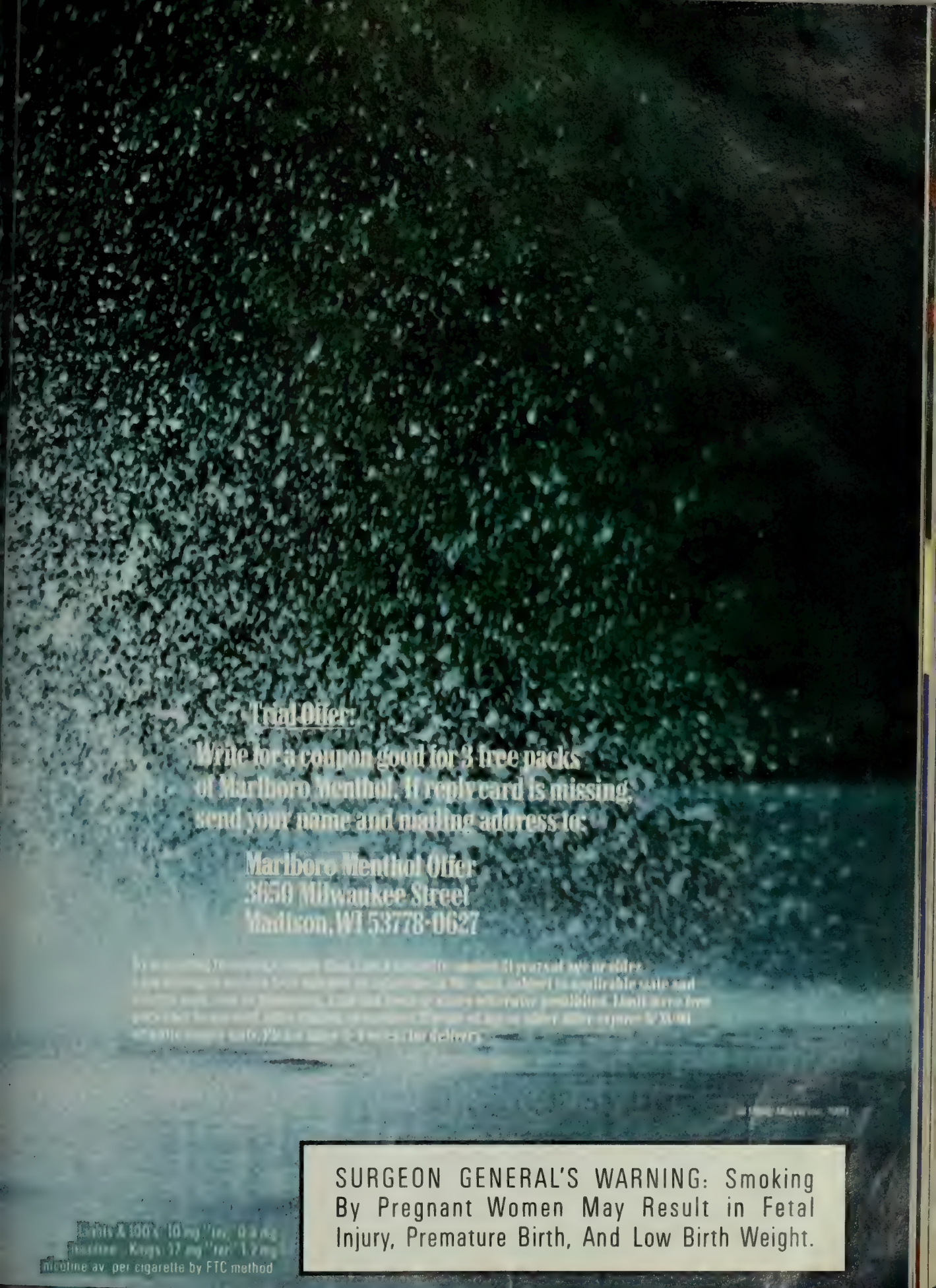
SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Publishing Services Director TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: LEO R. ARMATIS, Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. SELL Corporate Controller and Assistant Secretary LARRY D. HARTSOOK


If you think all
menthol cigarettes
taste the same...


Taste the freshest
of menthol.
Marlboro
MENTHOL
LOWERED TAR & NICOTINE


Trial Offer:
Write for a coupon good for 3 free packs
of Marlboro Menthol. If reply card is missing,
send your name and mailing address to:
Marlboro Menthol Offer
3650 Milwaukee Street
Madison, WI 53778-0627
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.
nicotine av. per cigarette by FTC method

Every day, thousands of women perform surgery on their feet.



It's unnecessary. There's a much better, safer way to remove painful corns: Dr. Scholl's Corn Removers.

Within five treatments or less, the corn will be replaced with new, softer skin. And that's a money-back guarantee only Dr. Scholl's gives you. So get Dr. Scholl's Corn Removers. And get rid of those corns, safely and painlessly.





Dr. Scholl's.®

Foot health is important. See your podiatrist for professional advice.

Read and follow label directions. © 1989 Scholl, Inc.

LETTERS

FAMILY NETWORK™

READERS' COMMENTS AND SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

COOKBOOKS FOR A CAUSE

Some cookbooks offer far more than delicious recipes—they give hope to those in need. In the spirit of the holiday season 1991, *Better Homes and Gardens®* would like to feature recipes from some of these inspiring cookbooks.

If your organization has compiled a cookbook to benefit a worthy cause, please send a copy of the cookbook, along with a letter describing your mission, to: Cookbooks for a Cause, *Better Homes and Gardens* Food Department, 1716 Locust St., Des Moines, IA 50336. Materials cannot be returned.

BARKING DOGS

We received a howling response to the barking-dog problem described in our January letter from "name withheld." Here are a few of the solutions you suggested for curbing a clamorous canine.

One morning at 2 a.m. I decided to call my neighbor, and when he answered the phone, I barked real loud several times like his dog. He did not say a word, and I hung up. Since then, he puts his dog in the garage at night, and we get much-needed sleep.

Eugene M. Goodman
Bellbrook, Ohio

Constant barking is a pretty good indication that the dog is lonely, bored, or emotionally neglected by its owner. There are some good books on the subject that perhaps you could suggest to your neighbor. (Editor's note: Check out the book *When Good Dogs Do Bad Things* by Mordeci Siegal and Matthew Margolis, Little Brown.)

Marge Pec
Cincinnati, Ohi

Because there are so many differen causes of excessive barking, you mus work with your neighbor and ideally a animal behavior specialist to discove the root of the problem. Don't risk mak ing the problem worse (yes, it's possi ble), or causing a different problen (such as digging) by attempting to sto the barking without consulting a pr fessional. Look under Dog Training i the Yellow Pages, or ask your veteri narian for a recommendation.

Laurie A. Thornton, DVM
Westminster, Colo

We had a similar problem with ou Eskimo Spitz. My husband and I bega taking him on daily walks around th neighborhood, first one mile and ther two. He was exposed to many of ou neighbors, and other pets. If he bega to bark upon approaching people o pets, we'd pull up on his leash and say "No." This has worked.

Joanne C. Josep
Ballston Spa, N.Y

I phoned the owner of the dog in th middle of the night. I didn't say a wor I simply held the phone to my bedroo window where the dog could clearly b heard. The dog doesn't bark anymore.

Marlous Blac
Irmo, S.C

We purchased a "white noise" gene ator from a catalog, and put it in ou son's bedroom (which is closest to th noise). The humming of the generato drowns out the sound completely.

Margaret Cutte
North East, P

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.

Enter the America's Flower Garden Quilt Contest



Sponsored by Northern, the Quilted Bathroom Tissue

Northern, the bathroom tissue which is made by quilting two layers together for a soft, cushiony feel, invites you to enter the America's Flower Garden Quilt Contest.

Your floral design quilt could become one of 24 winners of a $500 cash prize, and be featured in the July 1991 issue of *Better Homes and Gardens*® magazine. A sampling of the winning quilts will be on display at the Museum of American Folk Art's Great American Quilt Festival from May 1-5, 1991 and will then travel to museums across America.

So send for your entry form today by mailing a stamped self-addressed business envelope to:

America's Flower Garden Quilt Contest
Museum of American Folk Art
61 West 62nd Street
New York, NY 10023

All contest entries must be postmarked by January 2, 1991.

RAISING UNBIASED CHILDREN

Stopping Prejudice Before It Starts



STEVE BJÖRKMAN

BY JOHN ROSEMOND

People who see the world through prejudiced eyes often scar the fragile, developing beliefs of the children around them. Here's why you need to be concerned about bias, and how you can help your child grow up free of hurtful attitudes toward others.

LIKE PARENT, LIKE CHILD

Children start noticing differences in skin color, gender, and physical ability at an early age. They begin to connect certain attitudes and feelings with those differences by seeing how adults react to them. Even subtle, unspoken messages given off by adults can have a profound impact upon a young child's developing attitudes.

For example, Courtney, aged 4, notices that her parents employ a black housekeeper and gardener, yet they never invite blacks into their home on social occasions. Already, her parents' behavior is beginning to influence Courtney's perceptions of nonwhites. Her parents would be horrified to know this, but would they be willing to change their ways?

Prejudice about race, religion, nationality, gender, and physical ability harms all children. The damage to victims is obvious. But those who hold biased attitudes also suffer. Children who come to believe, for whatever reasons, that they are superior are also in danger of never developing a completely positive sense of self. These youngsters are almost always masking deep-seated feelings of insecurity or inferiority.



—Family psychologist John Rosemond is author of John Rosemond's Six-Point Plan for Raising Happy, Healthy Children *(Andrews/McMeel).*

A WORLD OF DIFFERENCES

Immunizing a child against becoming biased means teaching him or her that differences among people are good—that diversity is enriching to everyone. Parents need to do more than simply tell children that prejudice is bad. Children need to see this fact reflected in their parents' behavior.

Here's an example of how children can be taught to deal with prejudice. Five-year-old Charlie's mother stops in the middle of reading a children's book to him and asks, "Do you notice anything wrong about the pictures in this book, Charlie?"

Charlie thinks for a moment and answers, "No."

His mother then points out, "Well, Charlie, all the people in these pictures have white skin. That's not the way things really are, is it?"

Charlie agrees, and his mother ends up suggesting that they use crayons to shade some of the people in the drawings so that the book, in Charlie's mother's words, "will be more like the world we really live in."

POSITIVE ACTIONS

To help your children grow up unbiased, try these suggestions:

- Encourage your children to speak up when they see someone, especially another child, being treated unfairly.
- When possible, expose your child to after-school activities that include a mix of children from various races, religions, and socioeconomic backgrounds. If the choice is available, consider a well-integrated school.
- When your child makes a prejudicial remark about someone else, ask, "What do you think that means?" Children often repeat things they have heard without realizing their implications. Set aside a few minutes to explain the true meaning of prejudicial language and to make it clear such language is not appropriate.
- Fill your home with books and magazines, particularly those you purchase for your children, that portray a complete picture of society.
- Point out prejudice when it happens and discuss it with your children.
- If you have children in preschool, kindergarten, or grades one through three, a free brochure called "Teaching Young Children to Resist Bias—What Parents Can Do" is available by sending a SASE to: The National Association for the Education of Young Children, AB/BHG, 1834 Connecticut Ave., NW, Washington, DC 20009.

Actions always speak louder than words. If we want our children to accept differences in other people, that acceptance must be present in our own behavior. If we want our children to take an active stance against prejudice, then they must see us taking a clear stand as well. Sometimes, taking a stand means taking a risk, but this is one risk none of us should ignore.



natter which side you look at – our Cheese
ellini side or our Rice Pilaf side or our Spring
etables side or our Cheddared Potatoes
ı Broccoli side or our Ziti with Marinara
– you'll find a deliciously inventive side dish that'll make your main dish that much more special. In fact, we have so many good sides you may have trouble de-siding. In which case, you just may want to pick up three or four and forget your main dish altogether.

THE Budget GOURMET® SIDE DISHES

Expensive Food At Reasonable Prices.

® Gourmet is a registered trademark of The All American Gourmet Company © 1990

Love, bliss, fulfillment, and no 4 A.M. feedings.



The beauty and quality of Balica Dolls are a European tradition, protected by a 2-year limited warranty.

EDUCATION

DIAL 1 FOR TEACHER

Phone messages keep the lines open between parents and schools

Today, parents are buzzing about a new way to communicate with schools. Computerized phone message systems are springing up all over the country, and they make parental involvement in school just a few phone digits away. Recorded messages from teachers might be the answer for your child's school, too.

One such system has been set up at Inman Middle School in Atlanta. Now, parents who want to hear what's going on in classes every day simply dial the school and find out.

A computerized phone-messaging center makes communication between parents and teachers possible any time of day or night. All parents call the same number and then wait for a computerized voice menu to guide them to the right teacher recording.

For example, your child's science teacher might be assigned a specific two-digit code, let's say 21. When you call the system, a recorded voice runs you through a list of all the teachers and their codes. You press the desired code, followed by another single-digit code that identifies your child's class section, such as 1, 2, or 3.

"Science was a knockout today!" one sixth-grade teacher at Inman said on a recent message. "We studied the periodic table. Ask your child to explain atomic numbers to you."

"In health class today we reviewed an article about our planet earth and how population growth affects our environment," said an eighth-grade teacher at Greenbrier Middle School in Greenbrier, Tennessee. "Students were told to write a two-page essay using any information available."

At Inman, following the message parents may leave their own message for the teacher. At Greenbrier, parents also can hear a news update and get information about the school calendar, athletic events, and the lunch menu.

So far, 25 schools in eight states are experimenting with the concept, which uses electronic mailboxes that act like computerized answering machines.

Jerold Bauch, director of the Betty Phillips Center for Parenthood Education at Vanderbilt University, says studies of schools using the system show one-half of all parents who have access to the system call every day. He predicts that phone communication will become as regular as report cards in schools across the country.

One of the best things about phoning is its versatility. Schools can program the computer to call parents at times when they're likely to be home. For parents who don't speak English well, messages can be programmed in different languages.

The phone systems are good news because educators agree that one key to success in school is parent involvement.

Parent-teacher groups and grants from private foundations, state departments of education, and businesses have funded some phone systems in combination with donations from local businesses, Bauch says.

The cost of a computer dialing system ranges from $4,500 to $10,000, depending on the size of the school and the volume of telephone traffic. For example, Bauch says a school with 1,000 students might need four separate lines to handle all the calls, making the cost close to $10,000.

For more information on setting up such a program, write to Jerold Bauch, Box 81, Dept. BHG, Peabody College of Vanderbilt University, Nashville, TN 37203. Or call, 615/322-8080.

Coffee break. Italian style.





The coffee break in Italy. Rich, meaningful, rewarding. Discover what a coffee break is meant to be with rich, continental style Medaglia d'Oro Espresso. Besides brewing authentic Italian espresso, Medaglia d'Oro is the perfect ingredient for making good things happen, like...

CLASSIC CAPPUCCINO: Heat milk to just below boiling. To foam milk, use the steam attachment on your espresso maker or briefly mix it in a blender. Add equal amounts of hot espresso and hot milk to a coffee cup. Sprinkle with shaved bittersweet chocolate and cinnamon.

Don't just make coffee. Make good things happen.

For other delicious ways to enjoy Medaglia d'Oro send 50¢ for postage and handling to Medaglia d'Oro Recipes, P.O. Box 10220, Newport Beach, CA 92658-10220 Allow 6 weeks for delivery. Limit 1 per household.

MEDAGLIA D'ORO®

ESPRESSO

Authentic Italian Coffees since 1924

Available in ground roast, whole bean and decaffeinated.

Sometimes it takes a real smarty cat to teach a child to read.



Sure, we admit that the Cat in the Hat can be a know-it-all. And he has a tendency to break all the rules.

But his silly antics really set the stage for one of the most serious and effective ways to help your child read.

You see, children love him and all his friends. Because the special kind of fun and humor created by Dr. Seuss mirrors their minds with rhymes and repetition.

So reading isn't a chore, it's an adventure. An adventure that starts as you and your child read aloud the stories at bedtime. And before you know it, as if by magic, your child proudly announces, "I can read it all by myself."



Join our Club for future scholars. And you'll also save lots of dollars! Start on an adventure with your child and save! The Beginning Readers' Program is a remarkable collection of beautifully illustrated books written by Dr. Seuss & His Friends — P.D. Eastman, Al Perkins and the Berenstains.

Let Dr. Seuss & His Friends encourage your child's taste for wonder and fun and watch his reading ability grow.





Your child's free gift.

This colorful, sturdy Cat in the Hat bookrack measures 11½" x 6¼" x 6½" and holds up to 16 books.



Now you can get all eight books you see here at a savings of more than $50. Plus, your child will get a bookrack absolutely free.

Send no money but don't delay. Mail the order form today. If, when you receive your books, you're not completely delighted, simply send them back. And keep the bookrack as our gift. You owe nothing. But if you do decide to keep the books and join the Club, we'll send you two new books every four weeks. Examine them for 10 days, and keep only the ones you want. You may cancel any time after purchasing as few as 4 two-book shipments. In any case, the bookrack is your free gift. A gift that will hold the books that just might help your child become a gifted child.

The shortest line between a child and reading.

Dr. Seuss & His Friends

THE BEGINNING READERS' PROGRAM, DEPT. SLT
A Division of Grolier Enterprises Inc.
P.O. Box 1772, Danbury, Connecticut 06816

I am enclosing no money. Please accept my child's enrollment and send the 8 books, plus the Cat in the Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $55.60, but you will bill me for only $3.99* plus shipping and handling. I may examine the books free for 10 days, and if not completely delighted, return them at your expense and owe nothing. The free bookrack is mine to keep. If I choose to keep the 8 introductory books, my child will then receive 2 new Beginner Books every 4 weeks on 10-day approval, at the special member's price of only $4.49* each plus shipping and handling. After accepting as few as 4 two-book shipments, I may cancel at any time by following the instructions on my invoice. And I may return any book in the program at your expense. 06193-4

Child's Full Name (Please print) Birthdate: Mo. / Day / Yr.
☐ Boy ☐ Girl

Address Apt.

City State Zip Code

Parent's Signature Tel. # ( ) Area Code

Offer and price may differ in Canada. Shipment and services originate in Canada.
*Sales tax is extra in NY and CT.

© Illus. Dr. Seuss 1957

Get 8 books for just $3.99*, and The Cat in the Hat bookrack free.

*Plus shipping and handling. Sales tax in NY and CT.

© 1990 Grolier Enterprises Inc.

WHEN YOU PICNIC, KEEP IT GREEN

Set your picnic spread without throwaways

BY TOM JACKSON

Pack out what you pack in.

Put this camper's credo to work at your next picnic and you'll save money, ease the national garbage load, and reduce the annual flood of July 4th litter. For less than $50 you can outfit your family with all the durable gear needed for a lifetime of outings. Here's our recommended packing list:

● **Table settings:** Rugged, lightweight spatterware was designed for rough and tumble use and will give you a lifetime of service. The porcelain-enamel painted plates, bowls, and cups now come in red and black as well as the tried-and-true blue. Pieces cost from $1.50 to $3. Low-cost flatware, in stainless steel or aluminum, is available with colored handles, or in simple, lock-together sets like ours. Single-service sets range from $2 to $3.

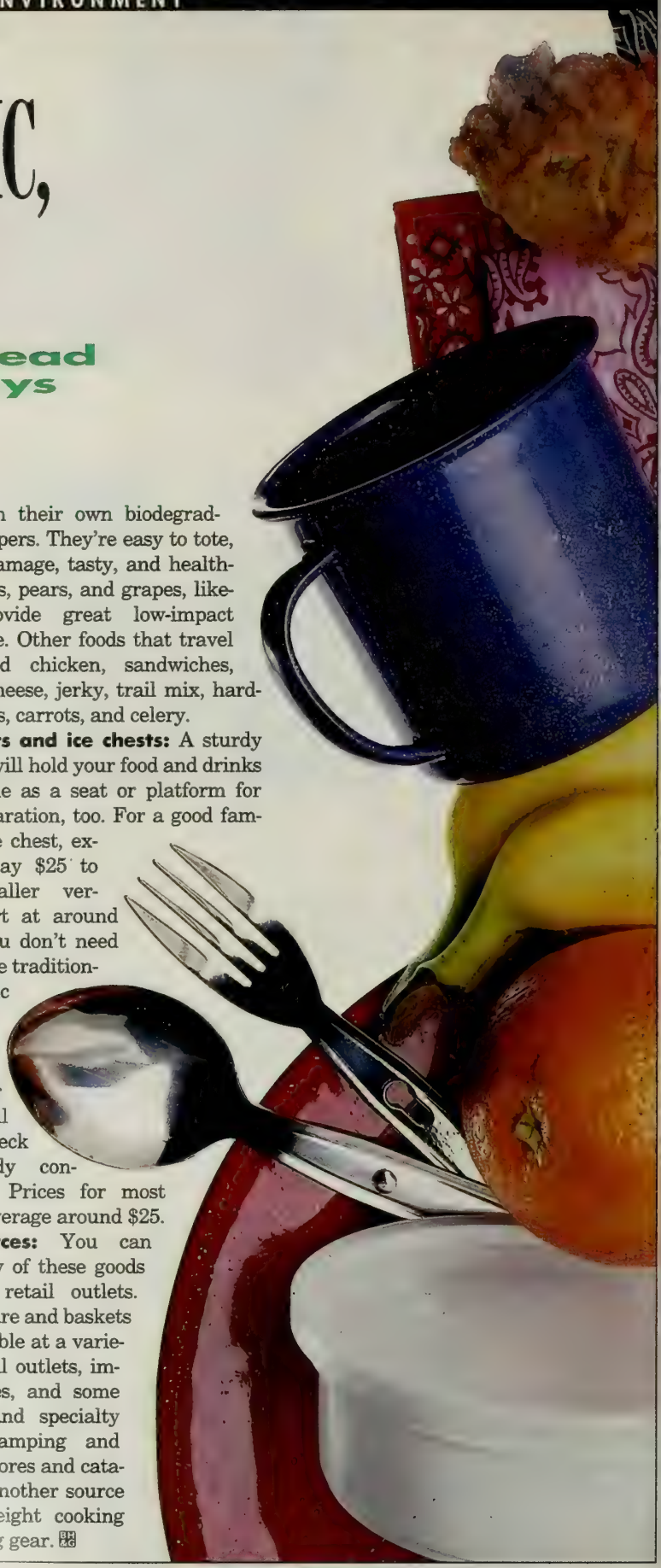
● **Napkins:** Bandannas make nifty napkins and place mats. They also work as dust masks and sweatbands, and can help you hold on to hot pot handles. Use bandannas as decorative accents when setting up a color-coordinated spread. Most cost less than $3.

● **Plastics** Using one hard plastic dish a couple of hundred times is better than trashing a couple of hundred paper plates after one use. Rubbermaid and Tupperware carry extensive lines of plates, bowls, cups, and serving pieces for $2 to $3. You can also reuse food containers (such as margarine tubs) to pack certain foods. These are not particularly sturdy, however, so be careful when packing wet foods.

● **Naturally fast food:** Sometimes you just can't improve on nature. Certain foods, like bananas and oranges, come with their own biodegradable wrappers. They're easy to tote, hard to damage, tasty, and healthful. Apples, pears, and grapes, likewise, provide great low-impact picnic fare. Other foods that travel well: fried chicken, sandwiches, cookies, cheese, jerky, trail mix, hard-boiled eggs, carrots, and celery.

● **Baskets and ice chests:** A sturdy ice chest will hold your food and drinks and double as a seat or platform for food preparation, too. For a good family-size ice chest, expect to pay $25 to $35. Smaller versions start at around $15. If you don't need the ice, the traditional picnic basket will hold all the fixin's for a small party. Check for sturdy construction. Prices for most baskets average around $25.

● **Resources:** You can find many of these goods at large retail outlets. Spatterware and baskets are available at a variety of retail outlets, import stores, and some kitchen and specialty stores. Camping and outdoor stores and catalogs are another source of lightweight cooking and eating gear. BH&G



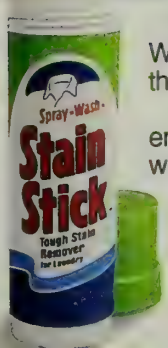
MISSION: IMPOSSIBLE

c 1990 Paramount Pictures

Treat it now... and wash when you want to.

© 1990 DowBrands





Now you can stop rushing to wash out every tough stain. We've taken the fear out of fighting stains with a secret weapon that'll put you back in charge.

Only Stain Stick™ from Spray 'n Wash® has a special enzyme formula. It lets you treat a stain now, and wash it out when you're ready. Up to a week later.

So make sure you're never faced with an impossible mission again. Get the one thing that lets you take control.

Stain Stick from Spray'n Wash

Treat a tough stain now, and wash it out when you want to.

There is something else in the world with the same kind of softness as Northern.

A cuddly quilt. Its softness was all the inspiration we needed to create Northern® —the only leading bathroom tissue that's quilted.

You see, our secret is that every sheet of Northern is actually two layers quilted together for a soft, cushiony feeling.

So try Northern bathroom tissue. And discover a special kind of softness you've really always known about.



© 1989 James River Corpor

LET THE SUNSHINE in

HOW A SMALL SPACE SEES THE LIGHT



Like most rooms these days, this Tulsa hot spot is asked to do a whole lot of living. It cooks, serves meals, entertains guests, and even relaxes you after a long day. Just how does a small space do it all? This busy one-room guesthouse succeeds by packing in the service, then playing up the fun. Want to cajole any hardworking room into a lighthearted mood? Let these bright ideas show you the way.

BY SANDRA S. SORIA

LET THE SUNSHINE IN



To put wiry electronics out of sight when they're out of mind, **BUILT-IN CABINETS** stand at the ready. For a buy-now option, look for modular shelving units or armoires. Tuck the clutter-cutters into your room's niches, or use them as visual anchors to arrange furniture groupings.

Aged to a vintage texture, **NATURAL PINE** adds old-shoe comfort and familiarity to a room. Side tables stand on **RUGGED IRON** legs, another touchable element that relaxes the room's attitude.



Brighten a room's outlook by inviting the sun in regularly. Tucked under the eaves, **TRANSOM WINDOWS** raise the roof for a peek at the swaying treetops and blue sky. The well-placed touch of glass also lets the room look larger than life. For more natural light, the owners went to great panes: **WALLS OF GLASS** flood the space with sunshine; then, **PLANTATION SHUTTERS** with pop-out transoms direct the mighty rays and add Casablanca charm.

To keep things light, avoid weighing down a scheme with heavy furniture. A sturdy **WICKER SOFA** and see-through **SLATTED CHAIRS** leaven this grouping, but don't sacrifice cushiony comfort. In a surprise move, the sofa even pulls out into a queen-size bed to rest guests.

LET THE SUNSHINE IN



Taking cues from the sand and the sea, this interior lives like a breezy getaway spot. Sandy, **TAUPE PAINT** coaxes walls to stretch out like an expanse of beach. Natural beauties, earthy **TERRA-COTTA** flooring and **CERAMIC** tiles, offer smooth surfaces to reflect light, adding to the wide-open feeling. The **LIGHTWEIGHT RATTAN** dining set takes the mind to a seaside resort, and doesn't gobble up much space. Even accessories, such as the tropical houseplant and seaside painting, support the space's fun-in-the-sun attitude.



The room's **EXPOSED ARCHITECTURE** adds eye appeal and volume to the pint-size area. Perched on trusses, **SPOTLIGHTS** point out the soaring ceiling. Then, a trio of **HANGING LIGHTS** defines the kitchen work area, setting it aglow. **GLASS-FRONT CABINETS** also boost the sense of spaciousness.

For gutsy good looks, lay style on the line. **BOLD STRIPES** power the scheme with playful cabaña spirit. Because too much of one pattern can be dizzying, a kindred **FLAME STITCH** fabric steps over the lines and blazes with more colors. Stain-proof cotton fabrics lend easy-care comfort.

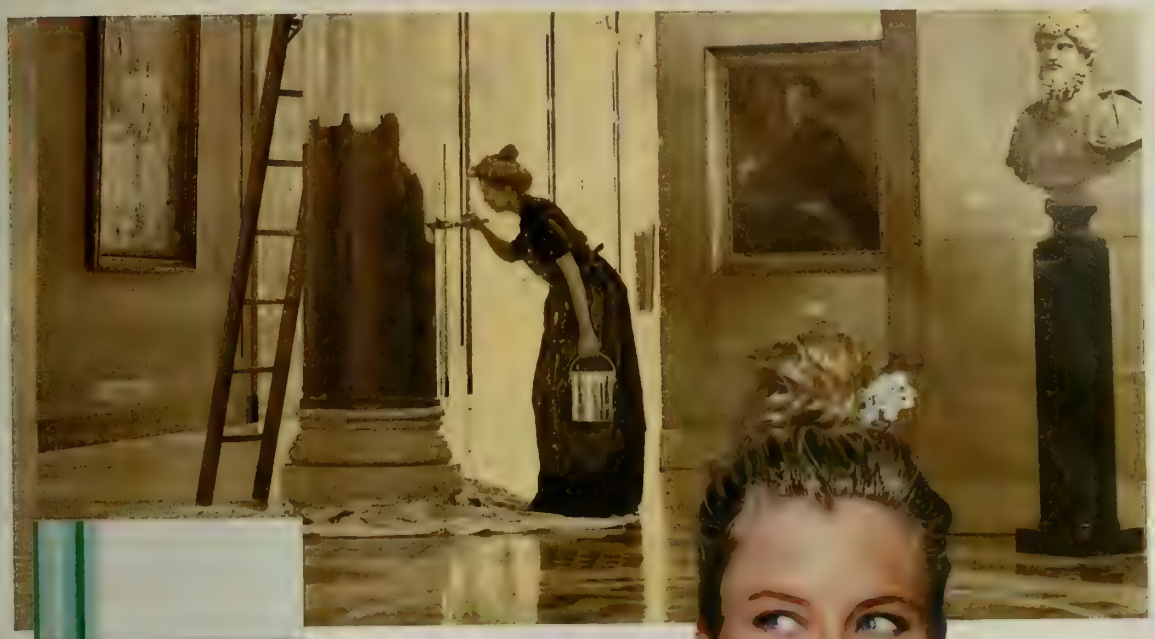
LET THE SUNSHINE IN

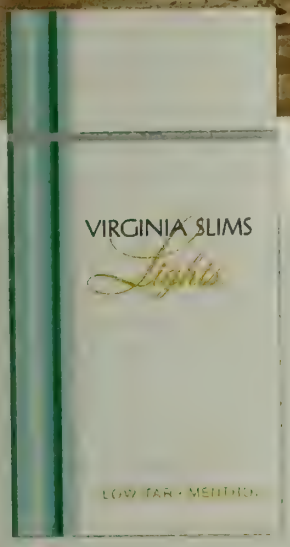


PHOTOGRAPHS: GENE JOHNSON. ARCHITECT: JACK ARNOLD, AIA. INTERIOR DESIGN: SUSAN ANDERSON SWANSON. REGIONAL EDITOR: NANCY E. INGRAM

In a multiuse room, furnishings act like walls to divide and cozy up space. Facing off to the fireplace, the sofa and chest duo draws the line between living and dining spots, then area rugs define and anchor the groupings. BH&G *Buying information, page 129.*

In 1911, the Fenton Falls Art Council finally allowed the work of a woman artist to be displayed in the museum.





The menthol that's light, cool, and elegant. For women only, of course.

VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY.

© Philip Morris Inc. 1990

3 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

GOOD FOOD/GOOD HEALTH

YOUR FAMILY NUTRITION GUIDE

10 WAYS TO WIN KIDS OVER TO VEGETABLES AND FRUITS

BY LILIAN CHEUNG, D.Sc., R.D.

1. Shape up morning cereal. Top unsweetened cereals with shapely fresh fruits. Using cookie cutters or mini hors d'oeuvre cutters, turn slices of melons, bananas, strawberries, and peaches into stars, diamonds, hearts, and other fancy shapes. Kids can use these fruit cutouts to make funny faces or other designs. For information on mail-order cutters, turn to page 147.

2. Toss in a salad. For summer lunch, let kids make their own salads. With your supervision, they can help tear lettuce, peel carrots, and snap beans. Keep on hand a variety of fresh vegetables and other salad ingredients, such as nuts, raisins, and cheese.

3. Soup it up. Start dinner with a refreshing chilled soup. Blend together a couple cups of fresh berries, a carton of lemon or orange yogurt, a cup of milk, and enough honey to sweeten.

4. Quench a big thirst. For a frosty fruit drink from the blender, whirl together a cup each of chopped fruit, milk, and vanilla yogurt, a spoonful of sugar, and 3 or 4 ice cubes.

5. Freeze a refresher. Pour or spoon fruit juice or a favorite fruit yogurt in fun-shape molds. Cover with foil, then cut a small slit. Put a flat wooden stick through the slit; freeze.

6. Stick it up. Imagine a juicy trip to the islands with tropical fruit kabobs of berries and peach, pineapple, mango, and melon pieces. Or, send your kids on a vegetable safari. Skewer some mushrooms, zucchini or cucumber slices, and cherry tomatoes.

7. Dig into vegetable dips. Explore new vegetables with your youngsters. Serve a vegetable sampler, along with a calcium-rich dip. Set out sliced kohlrabi, parsnips, turnips, colorful sweet peppers, or some other out-of-the-ordinary vegetables. For a creamy dip, blend together a cup of cottage cheese, half a carton of plain yogurt, a spoonful of snipped fresh parsley, and a generous pinch of crushed, dried basil or dried dillweed.

8. Wok about the kitchen. Kids love their vegetables colorful and crunchy. That's why stir-fried, crisp-tender vegetables are such a big hit. In addition to familiar pea pods, broccoli, and carrots, stir-fry jicama, bok choy, or bean sprouts. Toss them with enough bottled plum sauce or sweet-sour sauce to moisten.

9. Hide and seek. Adding shredded or cut-up vegetables to favorite foods makes them more colorful and healthful. Try zucchini in spaghetti sauce, spinach in burgers or meat loaf, broccoli on pizza, and carrot or parsnip in chicken salad.

10. Chart your progress. Post a food chart on the refrigerator for each child. Draw separate columns for vegetables, fruits, milk, breads, and meats for each day of the week. Let the kids put stickers on the chart each time they eat the right foods. This little incentive may make kids more open to trying new foods.



–Lilian Cheung, mother of three, practices what she lectures at the Harvard School of Public Health.

HOW MUCH IS ENOUGH?

The National Research Council, the committee that determines our Recommended Dietary Allowances (RDA), recently recommended that anyone over age 2 eat five or more ½-cup servings of vegetables and fruits a day. Kids, especially, need to eat green and yellow vegetables and citrus fruits every day for vitamins A and C.

KING AU

)90 S-VC



Little people get as thirsty as big ones.

There's very little difference between a kid's thirst and a grown up's. Gatorade® is great for both of them. It provides fluids and minerals. Supplies working muscles with energy. And



it's low in sodium, with about half the sugar of fruit juice and soda*. Big or small, Gatorade cuts every body's thirst down to size.

*110 Mg of sodium, 14g of sugar per 8 oz. serving.

Gatorade. For That Deep Down Body Thirst.

LYME DISEASE UPDATE

Reassuring News About A Mysterious Illness

Do all the warnings about Lyme Disease have you ticked off? Relax, you can still enjoy a walk in the woods. As knowledge of the disease grows, the apparent risk is shrinking.

"Lyme Disease is one of the most overdiagnosed, overtreated diseases," says Allen Steere, M.D. Dr. Steere is chief of the Rheumatology Division of Tufts-New England Medical Center, Boston, and a pioneering researcher on the illness. Lyme Disease is transmitted by the bite of a tick, but even nips from infected ticks fail to pass along disease in most cases, says Dr. Steere.

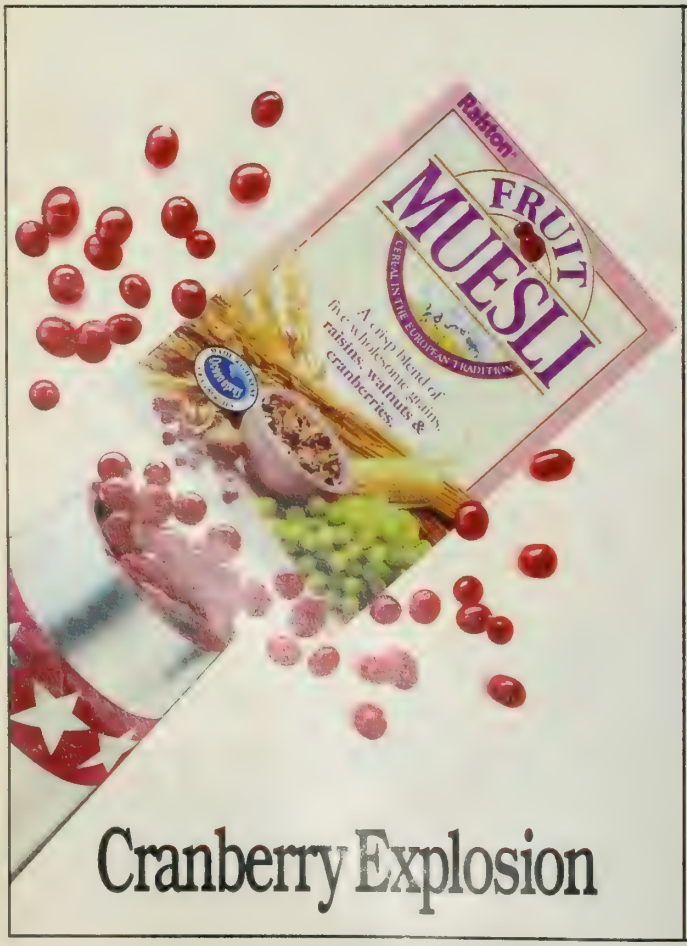
Lyme Disease can be serious. Some infected persons develop arthritislike joint pain—the illness was originally called Lyme Arthritis—which may be constant or recurring. A few cases progress to include damage to the heart, nerves, and skin.

Fortunately, most cases are mild. At a medical conference last summer, Ilona Szer, M.D., of Boston's Floating Hospital, reported on 58 children with Lyme Disease. All of the children caught the illness before a therapy was developed, so none were treated. Recurring arthritis symptoms waned over a period of years, and all recovered completely within seven years. A small study of forestry workers—a group thought to be at high risk—found that none of the workers exposed to the illness developed symptoms.

PREVENTION IS THE KEY

Lyme Disease is a problem only where a few specific species of ticks live. That includes the U.S. Northeast, Upper Midwest, and Pacific Coast. Local health officials can tell you whether the illness is a hazard in the areas where you live or vacation. If so, follow these simple precautions:

- Wear long pants tucked into socks when walking in wooded or brushy areas, or areas with long grass.
- Use an insect repellent containing the chemical DEET.
- Check for ticks after walking in infested areas. The ticks that carry Lyme Disease are quite small. At about half the size of a pinhead, the creatures are easy to overlook even when swollen with their meal (your blood). Remove ticks by grasping as close to the head as





ossible with tweezers, then applying a entle, steady pull. If the head remains mbedded in your skin, see your doctor have it removed.

Check your pets for ticks, and protect hem with an insect repellent approved r animals.

Dr. Steere cautions against panic if ou do have a run-in with a tick. It akes the tick 24 to 48 hours to pass long the disease, so removing the crit-er promptly will prevent most cases. Unless you have symptoms of Lyme Disease (see box), says Dr. Steere, it sn't necessary to see a doctor. But do ee a doctor, he adds, if you are upset or nxious about whether you might con-ract the disease.

IAGNOSIS AND TREATMENT

Tests for Lyme disease have im-roved in recent years, but still are far rom 100 percent reliable. The earlier ou are tested, the less reliable the test. Some doctors don't even wait for test esults to start treatment. That prac-tice leaves some experts unhappy. They'd prefer to retest rather than sub-ject an apparently healthy person to medication.

Antibiotics, particularly tetracycline and its relatives, are the usual treat-ment for the disease. In the early stages of infection, it takes 10 days to two weeks to clear up the problem; wide-spread infections may require up to four weeks of treatment.

With successful treatment, Lyme Disease seems to disappear permanent-ly. But even without treatment, mild cases may come and go without detec-tion. Although 5,000 cases of the illness are reported annually to the Centers for Disease Control, researchers sus-pect that there are many more cases that never require a doctor's attention.

So don't let a pinhead-size perpetra-tor keep you from passing time in com-munion with nature. With a few simple precautions, a walk in the woods ought to be no more risky than a walk to the mailbox.

SIGNS AND SYMPTOMS OF LYME DISEASE

Lyme Disease has been found or suspected in 35 to 40 states, primarily in wooded and brushy areas of the Northeast, Upper Midwest, and Pacif-ic Coast. Most cases are mild. Severe infections often occur in three stages:

STAGE 1. Flulike symptoms arise 3 to 30 days after infection. Headache, neck stiffness, and extreme fatigue are common. Half of all victims devel-op a bull's-eye rash: a circle of redness 1½ to 8 inches across surrounding a relatively clear area. The rash may ap-pear away from the bite site.

STAGE 2. A month or more later, if untreated, the disease may spread. Facial paralysis (Bell's Palsy) is one sign of stage-two infections.

STAGE 3. Within 3 to 12 months, occasional or steady arthritis symp-toms may arise in one or more joints, with pain, swelling, and stiffness.

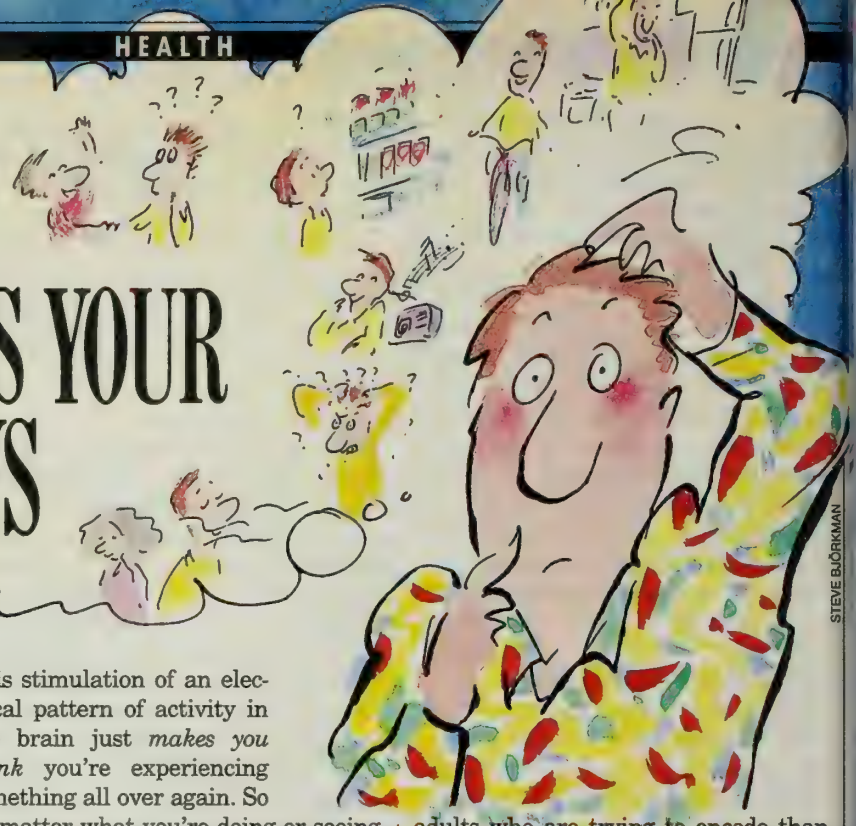


Amazing Dates



Free Dole Bananas
(UP TO 50¢)
*or any other Dole Fresh Fruit.
When You Buy Any Variety of
Ralston* Fruit Muesli.
BRAND
MANUFACTURER'S COUPON | EXPIRATION DATE 10/15/90
Free Dole Bananas (up to 50¢), when you buy any variety of Ralston Fruit Muesli.
PJ 152
5 17800 17400 3
00
CONSUMER: Required purchase necessary. Coupon may not be copied or transferred. No other coupon may be used to purchase the same package(s).
RETAILER: Ralston Purina Company, P.O. Box 1001, Mascoutah, IL 62224 will redeem this coupon for free Dole bananas (or any other Dole Fresh Fruit ____ (up to 50¢) per our Coupon Redemption Policy available upon request. Consumer must pay sales tax. Good only in USA, APO's, FPO's. Void where prohibited.
© 1990 Ralston Purina Company
© 1990 Castle & Cooke, Inc.
© 1990 Ralston Purina Company

THOSE FUNNY LITTLE TRICKS YOUR MEMORY PLAYS



STEVE BJÖRKMAN

BY JOHN B. THOMAS

Home alone on a rainy night, you pick up a magazine and spot a story about memory. Curious, you start to read. Suddenly an eerie feeling tingles your brain. "I know I've done this before," you convince yourself. Same article, same chair, same everything. You've been spooked again by déjà vu—a French term for "already seen." The fact is, your memory can play all kinds of tricks on you—like smells that can stir up childhood scenes. Here's why your mind plays tricks, and how you can turn the tables.

IS MY LIFE A RERUN?

Once duped by déjà vu, you'll never forget it. Whether it curls your hair or makes you chuckle, déjà vu is one of life's great mysteries.

Scores of explanations exist for an experience that affects more than two-thirds of adults, according to an expert on the phenomenon, Vernon Neppe, M.D., at the University of Washington in Seattle.

Theories range from anxiety relief ("I've done this before so I'll be OK") to recognition disorder (failing to identify a similar experience as different).

William Braud, a psychologist at the Mind Science Foundation in San Antonio, offers two more interpretations. One of these he describes as a spontaneous firing in the area of the brain that deals with memory and familiarity. This stimulation of an electrical pattern of activity in the brain just *makes you think* you're experiencing something all over again. So no matter what you're doing or seeing or hearing when this quirk occurs, it seems strangely familiar.

The other interpretation suggests that a time lapse causes the right side of your brain to experience something a fraction of a second before the left side "reexperiences" it.

Whatever the cause of déjà vu, there seems to be little to worry about from this eerie sensation.

Déjà vu is a sometimes funny, but mostly bizarre, experience that one expert on the subject estimates affects more than two-thirds of adults.

I KNOW THAT PERSON!

You spy a familiar face at the store and draw a big zero when you try to recall the person's name.

People often fall short in their retrieval searches. That's what memory researchers call it when your brain desperately digs for clues to something you know you should know.

Denise Park, a professor of psychology at the University of Georgia, reports that environmental factors—what's going on around you—can play a major role in memory. She says older adults are more susceptible to memory loss at the time they are encoding, or learning, information.

That's because competing events seem to be more distracting for older adults who are trying to encode than for younger adults. But before you label yourself absentminded, remember this: Professor Park says that during retrieval searches, older folks recall encoded information amid distractions just as fast as their junior counterparts.

Young or old, how can you remember names? Kathy Pezdek, a professor of psychology at The Claremont Graduate School in Claremont, California, suggests the following:

- When you're introduced to someone, make sure you hear the person's name clearly, then repeat it out loud.
- Try to link the person's name to his or her face. In other words, create a mental picture of the person's face with name cues attached. For example, you could think of Jane Poppins' face underneath a huge umbrella with a J-shaped handle. The J is your cue for Jane, the umbrella for Poppins, as in the movie character Mary Poppins.

WHY DID I GO TO THE KITCHEN?

You walk into the kitchen to get something and suddenly your memory freezes. "Why did I come in here?" you ask yourself. Blame it on your volatile short-term memory.

If you think about something for only a few seconds, it checks into your short-term memory, but not for long. It can check out in seconds. On the other

continued on page 48

When you get all the bladder control protection you need without the bulk, what do you have?

Serenity.



Introducing Serenity® Guards. Revolutionary Bladder Control Protection.

Millions of women have it. It's part of being female. And it could cause embarrassment. It's poor bladder control. But now, they've discovered something new. They've found Serenity.®

Absorbs more where you need it most.

Although Serenity is small enough to hold in your hand, it's just as absorbent as something five times its size. So it absorbs more where you need it most.

It turns liquid into a gel that won't leak.

Pour a half cup of water into a Serenity Regular Guard. Wait a few seconds. Turn it over. Nothing leaks. That's effective protection.

Serenity® Guards keep you dry, comfortable and secure. For a FREE sample, mail attached card or call 1-800-637-8800, ext. 352.



Protection that lets you feel like a woman again.



Please consult your physician regarding your incontinence condition.
Limit one Sample Request per household. Offer expires 12/31/90.

Johnson & Johnson

© McN-PPC 1990

"With Dr. Scholl's, I don't have to nurse aching feet."

No matter who you are, with every step you take your foot bears three times your body's weight. So if your feet ache, get off them, or get Dr. Scholl's Air-Pillo® Insoles to put under them.

Because only Dr. Scholl's insoles are made with an exclusive dual density foam. The bottom layer absorbs foot shock. The top layer cushions your feet for added comfort.

In fact, Dr. Scholl's insoles are so good, they're the first insoles accepted by the American Podiatric Medical Association.

So you're not only getting the right insoles to stand on, but the best people in foot care to stand behind them.

ACCEPTED
BY THE COMMITTEE ON PODIATRIC MATERIALS AND EQUIPMENT
AMERICAN PODIATRIC MEDICAL ASSOCIATION

Dr. Scholl's®
© 1990 Scholl, Inc.



MEMORY TRICKS

Continued from page 44

hand, long-term memory enables you to remember information several minutes, hours, or days later.

The secret to reigniting your short-term memory, says Joseph Hellige, professor of psychology at the University of Southern California, is to put yourself back into the relative context you were in before you forgot. In other words, go back to the room you were in before you went to the kitchen. That room will offer cues to help you remember. If for some reason you can't return to where you were minutes ago, Hellige says try retracing your steps mentally.

Here's another technique for recalling such things as grocery lists: In your mind, place the food objects next to familiar things. For example, look around your living room and mentally picture milk on top of your TV, eggs by the phone, and so forth. Or you can place the objects beside buildings that you always see on the way to the store. Once at the store, take a mental trip around your living room, noting all the goodies waiting to fill your cart. Of course, you could just write the list down. But don't forget to bring it!

I CAN NAME THAT TUNE

Quick. What year did Christopher Columbus sail the ocean blue? An easy way we all remember things is by making them rhyme.

Today, some experts refer to this use of rhymes as "whole-brain learning" because it's theorized that rhymes activate the entire brain. Other experts, such as Hellige, disagree, contending that there's no scientific evidence that this whole-brain process occurs.

"Rhymes are catchy and they keep you on track," he says. "If you remember the first line, the second line has to keep the meter, so that limits the possibilities." It might be that simple.

IT'S JUST LIKE RIDING A BIKE

Some things you may never forget how to do, like ride a bike. This type of ingrained memory is what experts call kinesthetic memory. Braud, at the Mind Science Foundation, theorizes that physical tasks may jog the memory more easily because they're tied to the muscular system, and, therefore, more critical to survival.

"Because these kinds of motor actions are closer to instincts, they may have been given more memory wiring in the brain," he suggests.

SMELLS THAT STIR THE SOUL

You might be walking down a busy street in Manhattan. Without warning, you get a whiff of an aroma that sends you back 30 years to Grandma's kitchen, evoking all kinds of good feelings.

Unmistakable smells often trigger long-ago memories, explains Hellige. These aromas represent environmental cues that help us remember. One sniff of an unusual smell will likely steer your brain directly to the information associated with that smell.

"That's probably why there's so much appeal in perfumes," says Pezdek. "If they can re-create an aroma, the whole exciting event comes back."

This same phenomenon occurs with songs, too. Pezdek says that "context effects," or what's happening around you as you hear the song, are what set the stage for these nostalgic mind trips. "Every time you remember something, you also remember the whole context. That's what makes life so rich."

A BETTER BLOCKER?

The sun-protection number on your sunscreen may not tell the whole story. When used right, nscreens do a good job of blocking the rning rays of the sun. But most sun-reens allow some nonburning, yet ll harmful, light rays to get through. new product called Photoplex Broad ectrum Sunscreen (Herbert Labora-ries) claims to screen out these addi-nal harmful rays.

LITTLE BACKGROUND

Sunlight contains two types of skin-maging ultraviolet light—labeled VA and UVB. Both UVA and UVB use your skin to become wrinkled nd leathery. Both types also can in-uce skin cancer.

There is one big difference, however: VA rays are much less likely to cause nburn than UVB rays. The numbers ou see on sunscreen labels refer to the roducts' ability to stop the burning, VB-type rays. Unfortunately, most nscreens aren't completely effective gainst UVA rays. Photoplex sun-creen lotion claims to be the first avail-ble in the U.S. to block the bulk of VA rays.

REAL ADVANCE?

Sunscreen expert John Epstein, M.D., a dermatologist and professor at he University of California in San Francisco, says Photoplex does a good ob of blocking UVA rays and should ninimize the problems caused by expo-ure to both UVA and UVB rays.

Not everyone feels that extra UVA protection is needed. Mark Lebwohl, M.D., at Mt. Sinai Hopital in New York City, argues that any sunscreen with a rating of at least 15 will block the most damaging UVA rays as well as the UVB rays.

Your doctor or dermatologist can help you evaluate whether you need ex-tra UVA protection. One thing is cer-tain, however: Use a sunscreen with a rating of at least 15 whenever you work or play outside.

WHICH DIARRHEA REMEDY SHOULD YOU TAKE?

READ WHAT GOVERNMENT MEDICAL EXPERTS SAY.

Among the leading brands, only Kaopectate® is specifically approved by Government medical experts to relieve both diarrhea and cramps. Not Imodium.® Not Pepto-Bismol.® And, Kaopectate gives you these additional important benefits for fast, safe, more complete relief:

- Does not work by affecting your nervous system like Imodium does
- Alcohol-free
- Non-constipating
- Choice of two good-tasting flavors of Advanced Formula Liquid
- Two convenient tablet forms

Now you know why Kaopectate is the right choice for you and your family.



Kaopectate®
The Diarrhea Specialist™

USE AS DIRECTED.

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

FOR SAFER HIPS

Common medications raise risks

Changing prescriptions may be a good way older folks can protect themselves from hip fractures. Certain commonly prescribed tranquilizers seem to boost the odds of the disabling condition.

Researchers from Vanderbilt University in Nashville studied 4,501 Canadians over the age of 65. The team, led by Wayne Ray, Ph.D., found that the Canadians taking so-called "long half-life" tranquilizers such as Valium were 70 percent more likely to suffer falls resulting in hip fractures than those taking similar drugs with a short half-life. What's more, even after giving them a month to adjust to the long half-life products, patients continued to have increased risk of a fall.

Long half-life tranquilizers remain active in the body for more than 24 hours. The most common examples are Valium, Dalmane, and Librium. Short half-life tranquilizers are broken down or removed from the body in less than 24 hours, and include drugs like Xanax, Ativan, and Serax.

All of these products are considered minor tranquilizers, and are prescribed for conditions like insomnia and anxiety. In one Massachusetts study, 30 percent of nursing home patients using tranquilizers were taking the long-lasting varieties. This finding jibes with other studies of prescription drug use among the elderly.

Dr. Ray and his team recommend that elderly patients who need tranquilizers take the short-acting drugs if at all feasible. (All of Dr. Ray's subjects were over age 65, so it is difficult to predict whether younger patients also might face increased odds of injury.) Clearly, the risk of hip fracture—and the suffering and disability it causes—makes it worth talking the subject over with a doctor.



This claims it's good for arthritis pain.

THE LONG JULY

Truth in a medical maxim

Planning a summertime hospital stay? That's fine, but you may want to consider the July Phenomenon. According to medical folklore, midsummer is the riskiest time to take to a hospital sickbed.

July is when a new crop of resident (hospital staff) physicians pours into wards all over the nation. These green doctors, the folklore goes, dilute the [illegible] of care.

Truth or fiction?

A little of both, says Eugene C. Rich, M.D., of the University of Kentucky in Lexington. Dr. Rich led a group studying the July phenomenon in a St. Paul, Minnesota, teaching hospital. The group found that the quality of care (how patients fared) was just as good at the beginning of the resident's year (summer) as it was at the end (spring).

But—and this is a pretty good-size but—the researchers also found that the average hospital patient's bill dropped $370 over the resident's year,

and the average length of stay declined nearly one-half day.

Dr. Rich suggests that as the residents become more experienced, their "clinical judgment and practical savvy" improve. The result: quicker and cheaper care.

But not better care. Using a variety of yardsticks, the researchers found that you'll do just as well medically regardless of when you check in.



This guarantees it's better.

Two Medipren relieve minor arthritis pain better than two regular aspirin. And we're so sure of it, we're the first to make this offer. Your money back – guaranteed.

Now doesn't that make you feel better already?

For refund, just send Medipren proof of purchase and store receipt to: Medipren Guarantee, P.O. Box 4942, Monticello, MN 55365-4942.

SALAD DAYS FOR OLIVE OIL

Good news from Italy

A splash of olive oil on your salad might help keep your blood pressure down. That's the word from a massive study of Italian adults. Those people who regularly used olive oil rather than butter and other fats had lower blood pressure levels. Affirming the findings of older studies, these same folks also had lower cholesterol levels, according to study leader Maurizio Trevisan, M.D., of the School of Medicine, State University of New York, in Buffalo.

High blood pressure is a major contributor to heart disease. Excessive cholesterol in the bloodstream is likewise linked to damage to the heart and circulatory system.

Olive oil is high in so-called "monounsaturated fats." Previous studies have found this type of fat to be less damaging to the circulatory system than saturated fats, which come from animal products like butter and lard, and palm and coconut oils.

BIKE HELMET BUYING GUIDE

Advice for kids—and their folks

Children who wear helmets while they bike are 85 percent less likely than helmetless riders to suffer head or brain injury in an accident, according to the American Academy of Pediatrics. Here's the Academy's advice for choosing a well-built helmet:

- Buy helmets with an ANSI (American National Standards Institute) or Snell Memorial Foundation sticker. Never buy an unapproved helmet.
- Try a soft-shell helmet for preschoolers, who may have difficulty supporting a hard-shell model. Hard-shell helmets provide better puncture resistance, and are best for older children.
- White or bright colors are the most visible to drivers.
- Expect a good fit and a snug chin strap. Some helmets have adjusting pads to tailor the fit. No helmet should interfere with seeing or hearing.
- Good helmets start at $35–$50.

FOOD LABEL SMARTS

Playing detective for your health

Uncle Sam is getting ready to crack down on misleading claims that appear on food labels. But you don't have to wait. Here's how to look beyond the hype.

- Study ingredient labels. Sugar can hide as dextrose, honey, molasses, and corn syrup. Salt (actually, sodium) can be found in monosodium glutamate, sodium citrate, saccharine, and sodium bicarbonate. Fats can be lurking in ingredients like milk, eggs, cream, nuts, and cheese.

Keep an eye out especially for animal fats (butter, lard, beef fat, tallow) and tropical oils, such as palm or palm kernel oil or coconut oil. These and other so-called saturated fats are most closely associated with heart disease, so minimizing them is important.

- Count calories from fat. Does that frozen dinner get more than the recommended 30 percent of its calories from fat? If there are more than 3 grams of fat per 100 calories, watch out! Your meal is more than 30 percent fat. (Note: This rule of thumb breaks down when there are just 2 or 3 grams of a nutrient present because of rounding errors.) When planning meals, balance high-fat products with low-fat foods.
- Read labels skeptically. While nutritional claims such as "reduced calories" and "low sodium" have government-set definitions, many others—like "natural" and "light"—have no standardized meaning. Reduced-sodium soy sauce, for example, remains very high in sodium.

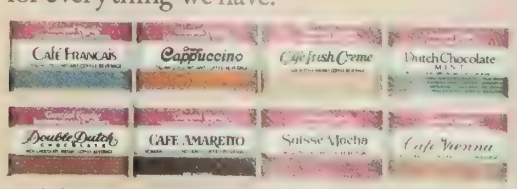
—By Paul Krantz



I showed my husband
how the two men in my life

have a special place in my heart.

Of all the pictures I've taken of Larry and our son, this one is my favorite. And what better way for the two of us to enjoy it than over steaming cups of Cafe Vienna. So smooth and light with just a touch of cinnamon, it sets the perfect mood to be thankful for everything we have.

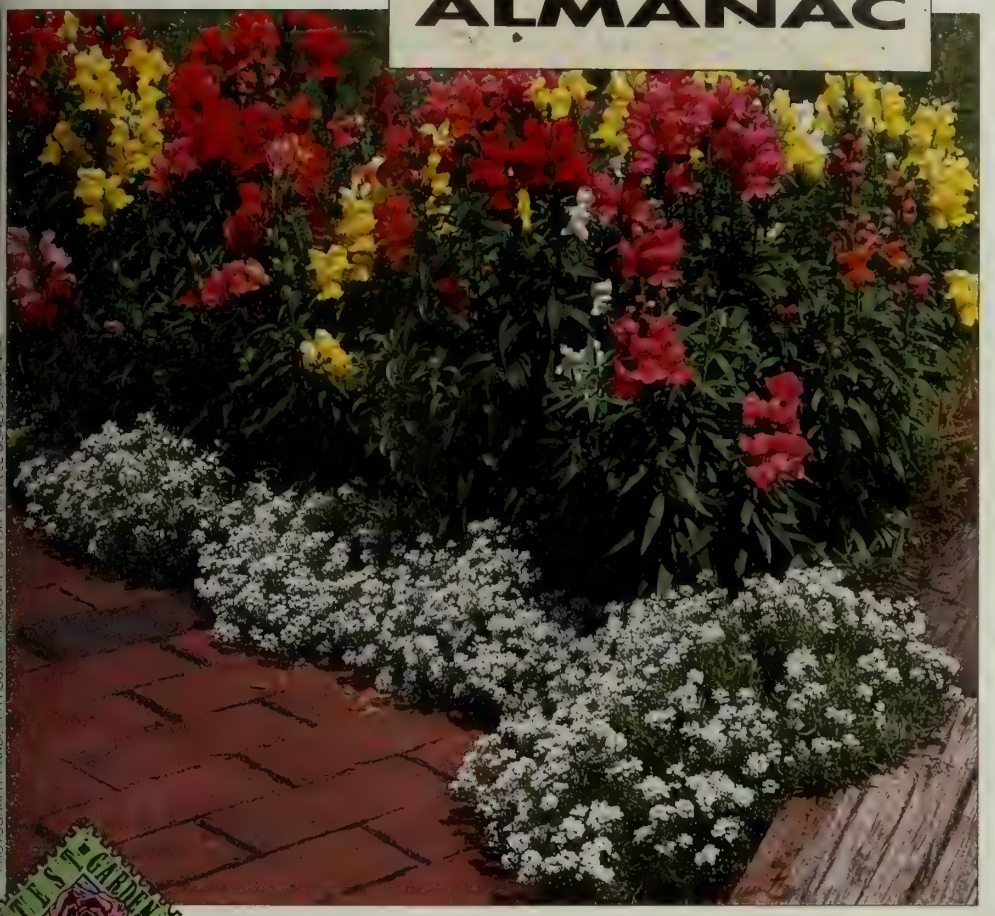


Celebrate the moments of your life with General Foods International Coffees.

© 1989 General Foods Corporation

GARDENER'S ALMANAC

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



Plantings of annual flowers such as snapdragon, sweet alyssum, pansy, marguerite, petunia, salvia, and dianthus may run out of steam by midsummer. To encourage a new crop of blooms, shear the plants back by about one-third of their height. In a week or two your annuals will send out new growth laden with buds. To hasten the process, feed the garden with a foliar fertilizer like Miracle-Gro, Ra-pid-Gro, or Folia-Gro.

PHOTOGRAPH PANDOPH FOLIAGE RHSUNAL FUJI FP RS FUJI FILM



GIVE YOUR FAMILY THE RASPBERRIES

Pam Durrant, our New England test gardener, recommends planting more than one raspberry variety for greater harvests. "We grow both summer-bearing and everbearing varieties," says Pam. "The summer-bearers fruit in July, and the everbearers are ripe in the fall."

Photograph: Julie Maris/Semel
Regional Editor: Estelle Bond Guralnick

GOOD NEWS FOR GARDENERS

Versatile Manual Tiller

Cultivate and aerate bare spots in your flower bed or lawn with the new Hawk Talon Tiller. Just press the tines into the soil and release. A spring-activated steel plate will automatically clean the tines as you work. The Hawk Talon tiller has a 42-inch handle and weighs 5 pounds. For more information, write Hawk Enterprises of Council Bluffs, 1100 South 20th St., P.O. Box 366, Council Bluffs, IA 51502.





Don't Let Grasshoppers Get the Jump on You

For the past two hot, dry summers we've been waging war in our Des Moines Test Garden. Grasshoppers, which thrive during times of drought, have appeared in record numbers, devouring everything in their path.

To combat these voracious pests, we're using a product called Grasshopper Attack. This all-natural control is safe for the environment and completely harmless to people and pets. It's available from Ringer 9959 Valley View Rd., Eden Prairie, MN 55344-3585. Or, try your garden center.

PHOTOGRAPHS: PETER KRUMHARDT

"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. And while it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin, to break into print, to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing and teaching (and 53 books of my own), I can tell you this: You'll go a long way before you discover anything as rewarding as writing for children.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you'll never have anywhere else.

The soaring children's market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1 *billion* worth of children's books are purchased annually and more than 300 of the 500 publishers of books related to children welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues.



An old mansion nestled deep in the woods of Connecticut is the home of the Institute of Children's Literature. It was founded in 1969.

Yet two big questions bedevil nearly every would-be writer..."Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": it's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: our reputation is built on success and if prospective students don't have the aptitude it takes, we probably can't help them. And we tell them so; it's only fair.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute of Children's Literature™ without passing it. Those who pass and enroll receive our promise:

You will complete at least one manuscript ready to submit to a publisher by the time you finish the course.

One-on-one training with your own instructor

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

- When you're ready—at your own time and your own pace—you send your assignment to me.
- I read it and reread it to get everything out of it you've put into it.
- Then I edit your assignment just the way a publishing house editor would—if he had the time.
- I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve.

It's a matter of push and pull. You push and I pull and between us both you learn how to write and how to market your writing.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that some of our students break into print even before they finish the course.

"My how-to article that sold to 4-H Magazine for $75 was my rewrite of a course assignment," says Jeanne Shoemaker, Birmingham, AL. "My beloved instructor has made this course one of the highlights of my adult life!"

"The thing that gives me the most satisfaction," writes Brandy S. Wells, Greensboro, MD, "is the idea that my story will be read by 150,000 Sunday school children —my dream come true."

Marilyn Day, Marissa, IL, says, "I am no longer a housewife. I am a *writer!*"

"Most importantly, the course has allowed me to explore my creative writing skills without committing myself to a strict classroom environment with immediate deadlines and meeting schedules," reports Jeanne Nickerson, Washington, DC. "I needed the flexibility of a correspondence course and I have enjoyed dealing on a one-on-one basis with my instructor."

Free Writing Aptitude Test offered

To find qualified men and women with an aptitude for writing, the faculty and consultants to the Institute of Children's Literature have prepared an intriguing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you.

You'll also receive our free 28-page illustrated brochure describing our courses, faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll. But that's up to you.

There is no obligation.

Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine* for children, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

***The testimonials in this ad were provided without remuneration and voluntarily by the Institute's students between 1985 and 1**

Get both FREE

Writing Aptitude Test

Writing for Children and Teenagers

Institute of Children's Literature
93 Long Ridge Road
West Redding, CT 06896-0812

Yes, I'm interested in your program to help new writers get started. Please send me your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit me.

Please circle one and print name clearly:

Mr. Mrs. Ms. Miss JL 6

Name

Street

City

State Zip

Founded in 1969 • APPROVED BY THE CONNECTICUT COMMISSIONER OF EDUCATION

COPYRIGHT — INSTITUTE OF CHILDREN'S LITERATURE, INC. 1990

IN LEAGUE WITH IVY

This Decorating Trend Is Green and Growing

BY REBECCA JERDEE



'Hallow' your walls with coverings patterned in never-fading greens. Climb into a whitewashed pine bed freshened by ivy coverings.

This hand-painted English pine ladderback is a comfortable companion to the flip-top table. The table ingeniously folds in half to stand against the wall.

Everything's not coming up roses anymore. Ivy is creeping in and taking over. It's spreading over walls, clinging to chair legs, and climbing into beds. Here's how to make the ivy twine at your house.

Add ever-green allure to a bedroom, kitchen, or sun-room. For about $23 per single roll of wall covering or yard of fabric, this "English Ivy" pattern from *Waverly* makes the growing easy. The natural beauty contrasts handsomely with *Lane's* pine daybed and nightstand.

Paint or stencil ivy vines around a headboard, armoire doors, a doorway, table, or chair. If you'd rather not paint, order this hand-painted pine side chair ($250) and table ($495) from *Ballard Designs.*

Buying information: Call *Waverly,* 800/423-5881, or *Ballard Designs,* 404/351-5099. For the *Lane* dealer nearest you, call 800/447-4700.

BALLARD DESIGNS

DAYBREAK BATH

A PRIVATE WAKE-UP RETREAT



PHOTOGRAPHS: JEFFREY JORDAN DESIGN: KEITH CLEMENTS REGIONAL EDITOR: AMY MUZZY MALIN

"I enjoy my mornings. A bath, then a cup of coffee and the paper on the bathroom deck are how I like to start my days."
—Keith Clements



After Keith built a privacy fence on the lot line by his bathroom, he carved a serene sculpture garden out of the resulting 4×15-foot corridor.

A cramped, dreary bathroom takes the shine out of rising, even for morning people. But you can convert your "bad-attitude" bath to a sophisticated wake-up chamber that will energize you for your busy day ahead. Borrowing space from another room may be just the ticket to unstopping your bottled-up bath.

BORROW SPACE, STYLE THE PLACE

Keith Clements' glass retreat used to be a narrow room because the closet of an adjacent bedroom intruded into the space. Only minimal room remained for a tub, stool, and sink.

By annexing the closet, Keith picked up room to pop in a vanity and a new stool, separating the stool from the vanity with a partial wall. On the opposite wall, he ripped out the old sink and stool and planted an oversize whirlpool tub in their place. To keep the tub from overwhelming the small room, Keith sank it 6 inches into the floor. The tub rests on a marine plywood box that is laminated with waterproof glue to guard against water damage.

Morning's glory pours in through the wide glass-paneled door that replaces a solitary window, adds visual depth to the room, and opens to a new mini-sculpture garden. Mirrored and white tile walls bounce the sunshine around the room and create the illusion of a larger space. A sleek salt-and-pepper granite countertop, a black stained-and-waxed birch vanity, and charcoal gray slate floor tiles provide a waterproof splash of style and a tie to the outdoors.

Armstrong Puts The Height Of Fashion Right At Your Feet.



Floor design copyrighted by Armstrong.



Dazzling sunlight, luscious blooms, vine-laced walls. Once the province of the garden, they're rapidly beating a path indoors. There to greet them is Rosita, the newest pattern in Armstrong's stylish Regal Collection of Designer Solarian® II floors. Bringing the outdoors in is an "in" trend. And Rosita's shimmering brightness captures its sensation of openness and light.

For the name of your nearest Armstrong Floor Fashion Center® retailer, call 1 800 233-3823. Ask for Dept. 07FBH. Or write: Armstrong, Dept. 07FBH, P.O. Box 3001, Lancaster, PA 17604.

Armstrong
so nice to come home to™



GRAND ENTRY ADDITION

OLD-WORLD ELEGANCE FROM A FACE-LIFT

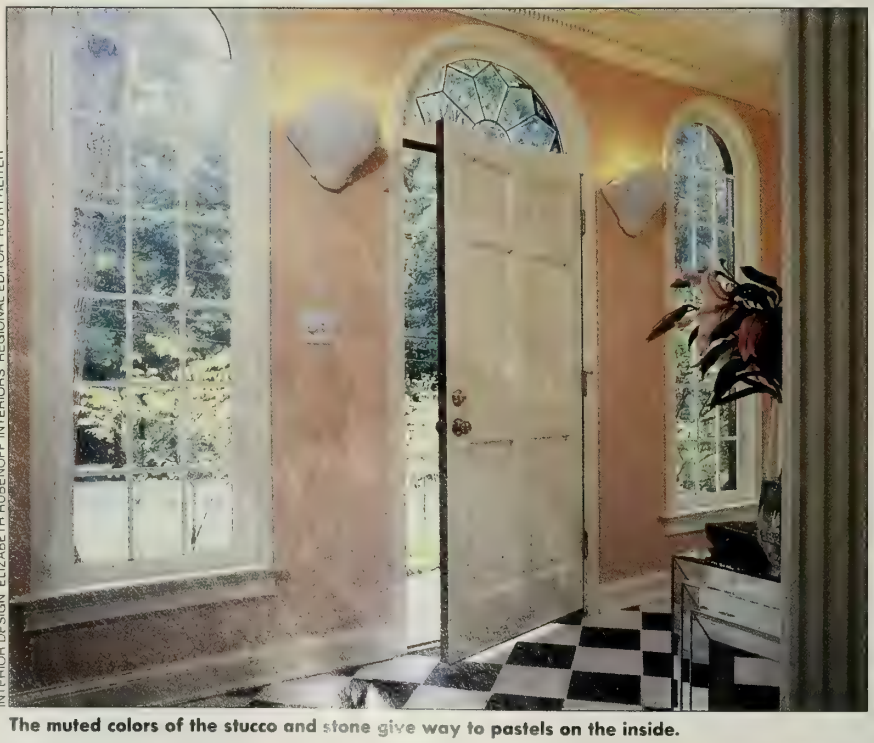
BY TOM JACKSON

Take heart! When you crave a new look for your home, a solution like this elegant entryway add-on can produce a dramatic transformation.



PHOTOGRAPHS MIKE MORELAND CONTRACTOR B N HASTY

Round-top windows and beveled glass impart a sense of old-world charm.



INTERIOR DESIGN ELIZABETH RUBENOFF INTERIORS REGIONAL EDITOR RUTH REITER

The muted colors of the stucco and stone give way to pastels on the inside.



Start your guests out on the right foot. Show them a spacious entry offering quality materials and an elegant mood.

SMALL ADDITION, BIG RESULTS

Changing your home's character can often be accomplished with a front face-lift. This once low-slung ranch achieved a stunning transformation with a new roofline and a 7-foot-wide addition across the front.

Special details—the use of beveled glass over the door, a stucco exterior and round-top windows—imbue the project with a classic flavor.

BRING ON THE GUESTS

Approaching the new facade, you follow a flagstone path up to three semicircular steps. Once you are inside, the entry presents an elegant black-and-white tiled floor. Fluted door casings, dentil crown molding, and black and white trim on the steps reveal an artisan's careful touch.

Two portals to the main living area improve traffic flow, especially during parties. To the left as you enter is a coat closet. Beyond the closet the extra feet of the addition lengthen the original dining room. The door to the right leads to a new home office created as part of the addition.


Come to the
Kitchen Experts.
When you need to know about new
kitchens, you need to talk to
Merillat, America's cabinetmaker.
We have plenty of great kitchen
ideas we'd love to share with you.
Write and Send for Merillat Kitchen
Design & Planning Kit
Merillat, P.O. Box 1946,
Adrian, MI 49221.
For Merillat dealer locations,
call toll-free 1-800-624-1250.
Merillat

REFRESHING TRADITION

PRETTY PASTELS LIGHT UP A LIVING ROOM



PHOTOGRAPH: JAMES YOCHUM. DESIGN: SUSAN KROEGER

A lavish helping of fabrics in garden-cued colors links the living room's beckoning medley of seating pieces.

BY SHARON NOVOTNE

With classic furnishings elegantly wrapped in fresh colors, this spirited living room minds its gracious traditional manners, without a hint of its dark past.

The verdant landscape and bountiful gardens beyond the French doors provide the inspiration for this serene English-flavored living room. Soft, sunny yellows and a pastel bouquet of rich fabrics were natural picks for transforming this space, once staid with bland mushroom-colored paneling and heavy traditional trappings.

ELEGANT ELEMENTS

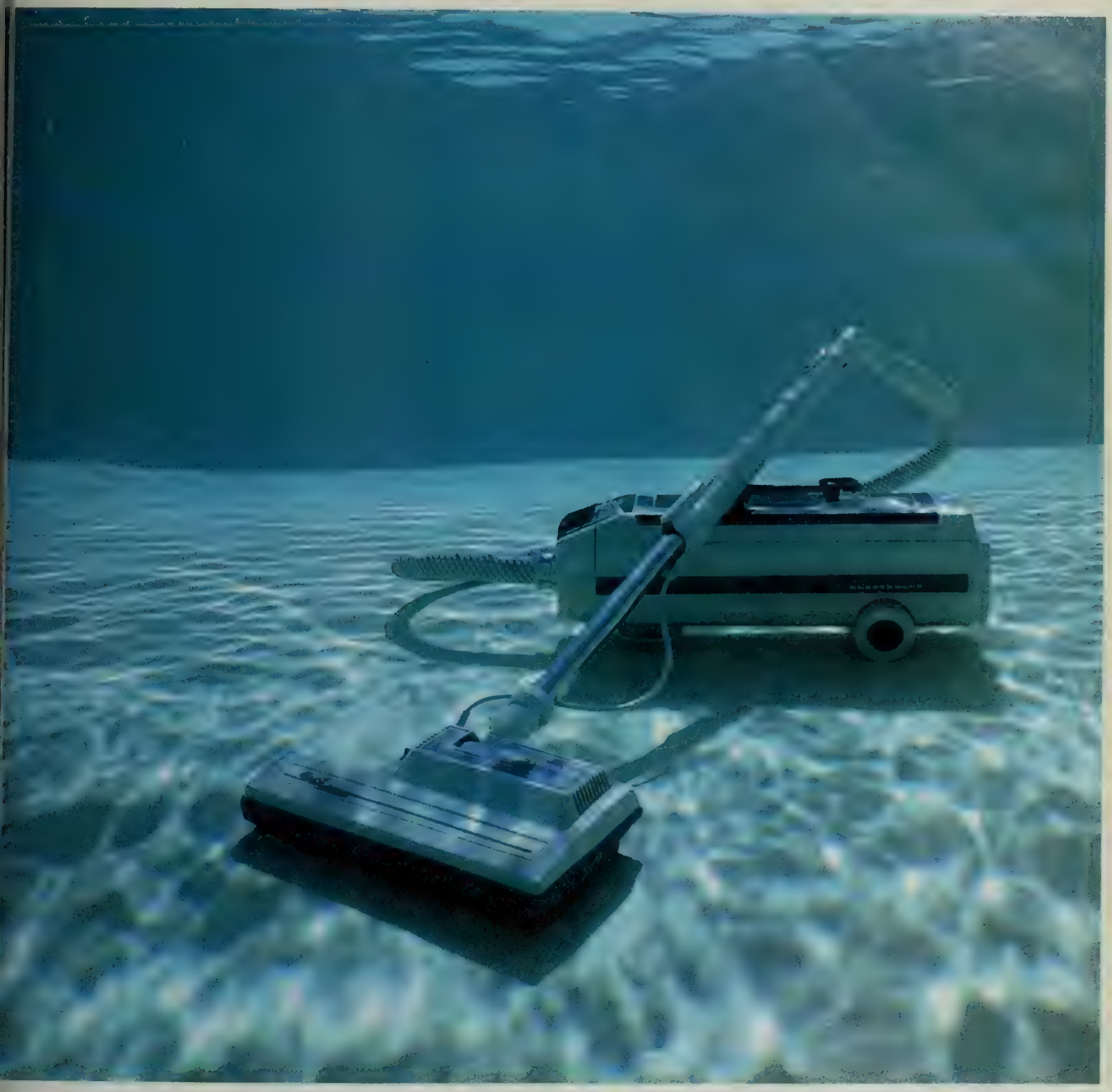
Here's how the redesign put a fresh face on tradition, proving you can enjoy your beautiful old-fashioned furnishings without settling for a dark and musty atmosphere:

- **A dramatic color palette** of black and yellow started with a wool needlepoint rug. Strewn with blooms, it defines the conversation area and brings rich color and patterns underfoot.
- **Painted and papered paneling** brightens the room and gets textural depth and focus from new wall coverings. Carefully cut stripes of hot-raspberry wall covering, applied to the moldings, create an eye-catching, framelike effect around insets of yellow-embossed wall covering.

Soft, buttery yellow paint fills in the rest of the backdrop, including the ceiling, and creamy-white color places light accents on the crown moldings and woodwork of the room.

- **A rich mix of fabrics** enhances the luxurious mood and adds textural interest. The colors echo the rug's pastels and unify the diverse seating pieces. The slipper chair dons silk taffeta, the sofa white linen moiré, and the plump armchair the same boisterous English garden chintz used in the flowing draperies.
- **An off-white painted finish** of gesso (a paint used by artists to prime canvases) lightens a dark French reproduction armchair. Lively pine and yellow checks add spunk to the piece. A garland of hand-painted flowers adorns the chair's back.
- **Friendly accents** play to the room's elegant personality. Tables hold a treasured cargo of collectible pieces. Ordinarily hung within the paneling's molding, gilt-framed artworks make unexpected moves to the median strip.

IF AN ELECTROLUX® COULD SWIM.

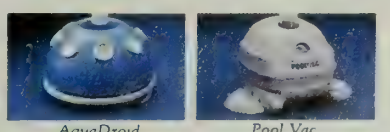


If it could, it'd be an Arneson.™

Because nothing can clean your pool ke an Arneson automatic pool vacuum.

Pool Vac® for in-ground pools and AquaDroid® for above-ground pools are ne only vacuums with AquaPilot™ rogrammed steering. Unlike random leaners that just ricochet around the bottom f your pool, Arneson automatic vacuums llow a pattern. So they don't miss a spot. nd your pool always stays clean.

What's more, thanks to continuous trouble-free operation, Arneson automatic vacuums come with a full two-year limited warranty. And they self-install in just ten minutes. No wonder they're the best-selling automatic pool vacuums in the United States.



AquaDroid *Pool Vac*

And you can buy an Arneson at more dealers than any other make. For the one nearest you, or if we can answer any questions at all, call us at 1-800-369-POOL.

Arneson. The best automatic pool vacuums around. Now if only they could do your carpets.

ARNESON®

GET MORE OUT OF YOUR POOL

© 1989 Arneson Products, Inc All rights reserved Arneson and AquaPilot are trademarks of Arneson Products, Inc Pool Vac and AquaDroid are registered trademarks of Aquanaut, Inc Manufactured by Aquanaut, Inc Sold and distributed by Arneson Products, Inc A Hayward Industries Company Made in the U S A Electrolux is a registered trademark of Electrolux Corporation

BEAUTY THAT LASTS

TLC FOR FINE WOOD FURNISHINGS

Invest in the care of your wood furnishings before they become candidates for damage. To be sure your treasured pieces get their share of attention, take these tried-and-true measures to heart.

Preventive care. Wood left unnurtured will split and crack. To nourish your wood pieces and to replace the loss of natural moisture, clean and oil them with a quality wood furniture treatment.

Also, protect prized wood from heat and sun. To stave off drying caused by central heating, clean and oil furniture surfaces more often in the winter. Keep furniture away from heating vents that dry wood or sunny windows that fade their finishes. If you must place furnishings in front of a window, draw the blinds during peak sun hours and rearrange the furniture every six months or so to even out fading.

Do your wood a favor by keeping water away from its surfaces. Water can raise the grain, separate the finish from the wood, and cause swelling or black stains. To avoid the softening of a finish that's kept under a moisture-collecting glass top, elevate the glass on small felt pads.

Finally, don't polish your nails at the table. When dropped on the tabletop, polish remover dissolves the finish.

First aid for wood wounds. Accidents will happen. When guests at a party or social gathering leave marks on your furniture, hide or repair stains and scratches with these quick fixes until they cry for a total refinishing.

White rings. Wet glasses set on tabletops leave rings of moisture trapped in the wood finish. Doctor them with a 50/50 compound of toothpaste and baking soda blended together on a damp cotton cloth. First, rub the compound on the spot or scratch. Then, buff the area with a dry cloth.

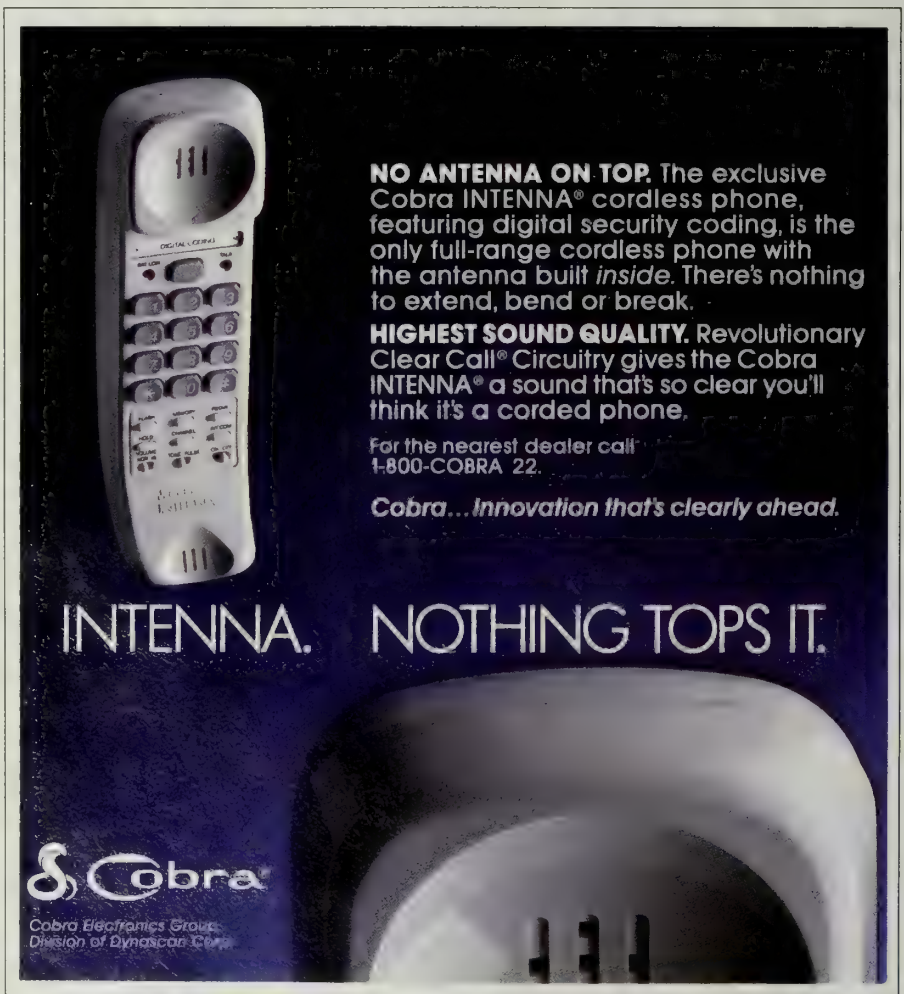
Minor scratches. Treat bare spots or small scratches with cotton swab "stains." Dab the swab in mercurochrome or iodine to match cherry, mahogany, or rosewood, and apply it to the damaged area. To match walnut or oak, swab on brown liquid shoe polish. Buff the area you've stained with a cotton cloth after the application dries.

Deep scratches. To temporarily mend a deep scratch, heat the tip of an ice pick over a candle and wipe away the soot. Place the tip of the hot ice pick in the scratch and hold a crayon or wax stick against it. As the wax melts, let it overfill the scratch. Let the wax cool for one hour. Then, scrape away the excess wax with a plastic credit card.

Burns. To dissolve the blackened finish of a cigarette burn, dampen a cotton swab with nail polish remover (be careful not to touch the finish outside the black area because remover will dissolve it). Fill the hollow with a 50/50 mixture of clear nail polish and polish remover, applying it with the polish brush. Varnish with as many coats as needed, allowing each to dry thoroughly.

Wood-care hotline. For more answers to questions on wood furniture care, call 1-800/FORMBYS. Refinishing expert Homer Formby's advice is available free of charge, seven days a week. Weekday hours are from 12 noon to 8 p.m. (eastern time). Or call between 10 a.m. and 6 p.m. on weekends.

—With Homer Formby




"I Love Lucy"
Doll shown smaller than
actual height of 17½"
0 CBS Inc.
CLASSIC COMEDIANS DOLLS
OFFICIALLY AUTHORIZED


A Great Place To Retire.
With bedrooms as inviting as this, it's no wonder more of us are considering early retirement. Call 800-447-4371 for the Pier 1 located nearest you.
Pier 1 imports
A Place To Discover.



A family and friends gather to celebrate an ancient custom—raising by hand a well-crafted home. Join us for a fun-filled house-raising day, and a look at the spectacular results.



THE ART AND CRAFT OF A TIMBER FRAME

BY TOM JACKSON

TIMBER FRAME

Solid and dependable, the qualities of a good friend can also be qualities to seek in a home.

The home you see here is just such a place. It is 40,000 pounds of oak—a massive fretwork of beams, rafters, joists, and purlins locked together with hand-tooled joints and hardwood dowels. Like a friend, this home over the years will acquire a distinctive personality—a tracery of subtle character lines called checks that appear as the wood ages.

The frame for this home, built by Don Edwards and Gloria Hohenstein, their neighbors, and Riverbend Timber Framing Inc., went up in one frame-raising day of fun, food, and festivity. The finished results will last for centuries.

continued on page 62



Don and Gloria with their grandkids (*from left*) Trevor, Zac, Brad, Courtney, Phyllis, and Eric.

◀ A small section of the frame defines a quiet place for sitting in the sun. Bruce Hardwood oak floors and an oak door with beveled glass and sidelights from Morgan Products Ltd. add to the warm, honey-toned colors.



▲ Wicker furniture in tan and sage colors teamed with subtly patterned fabrics blend in naturally with the rustic oak surroundings. A painted mantel from Morgan and a marble surround define the fireplace.

Furnishings and accessories courtesy Pier 1 Imports. See Buying Guide for details.

FRAME RAISING

Once the only way to erect a timber frame, hand raisings are rare today. Riverbend, however, usually organizes at least one hand raising a year with food, friends, music, and dancing to celebrate the traditional spirit of timber framing. Here is a day in the life of a hand-raised home.



Frame pieces are carried to the staging area.



Fitting a mortise to tenon. Dowels go in the holes.



A knee brace is slotted into a wall section.

TIMBER FRAME

Compared with a stud frame home, which uses a large number of small pieces, a timber frame uses a small number of massive pieces. The smallest timbers are usually 6×6 inches, the largest beams up to 12×14 inches.

Each piece is cut to length and the joints carved, many with mallet and chisel, before the frame leaves the shop. The frame is then assembled on-site like a giant puzzle.

Where the pieces connect, there are no nails or bolts, but rather woodworking joints such as mortise and tenon, dovetail, lap, and scarf joints.

EXTERIOR PANELS

In today's construction, the frame is erected and then sheathed in stress-skin panels. These consist of a core of insulating foam sandwiched between two waferboard nailing bases. Many panels come with the interior finish material—drywall or paneling—on one side. The panels give the frame an airtight,

continued on page 64

▶ Views from the dining area extend out onto the front deck or back toward the great-room. Low-E windows from Hurd Millwork are a perfect match for the energy-efficient exterior panels.



▲ A simple U-shape kitchen, supplied with appliances from Whirlpool and raised-panel oak cabinets from Schmidt Cabinet, fits well with the strong geometry of the timbers.

FRAME RAISING



Joints are nudged in place with a sledgehammer.



A bent (gabled section) is pegged and ready to go.



Heave-ho! A thousand pounds of oak going up.



Pike poles move in to continue raising the bent.

sound-deadening, energy-efficient shell. The rigidity of the frame and panels gives a properly built timber frame structural strength that far surpasses that of any conventional type of house.

WELL-TEMPERED HOME

Built as their retirement home, Don and Gloria's timber frame nestles easily into a carved slice of hilltop. The warm, golden-amber color of red cedar siding provides the perfect complement to the interior woodwork. Local landscape architect John Squire used native limestone retaining walls, perennials, and meadow grass to blend the house, deck, and walkways into the surrounding woods.

Inside, a soaring cathedral ceiling dominates the main living area and ties the entire structure together with a geometric forest of rafters and purlins. The second level holds the master bedroom and bath and a balcony that extends over the living area. A small crow's

continued on page 66





▲ On the second level, the master bedroom tucks up under the rafters. Black "Amherst" vinyl tiles from Nafco provide a dramatic color contrast.

◀ Where everything comes together, the stairwell offers a visual symphony of oak.

▶ A massive oak post divides the master bedroom suite. To the left is the bath, on the right is the bedroom. At the end of the room, turn left to the studio or go straight out to a second-story deck.



FRAME RAISING



Dan engages in some lightweight lifting.



Floor joists are lowered into a dovetail joint.



The crew uses a crane for the high-altitude work.



Gloria ties a good-luck bough onto the last bent.

FRAME RAISING



The frame is up. The work is done. Let the fun begin!



Everybody, grab your partner and do-si-do.



Red sky at night—a bluegrass delight.



A day of work, a home for centuries.

TIMBER FRAME

A cluster of windows, outlined by oak, frames a quiet treetop view from the studio.



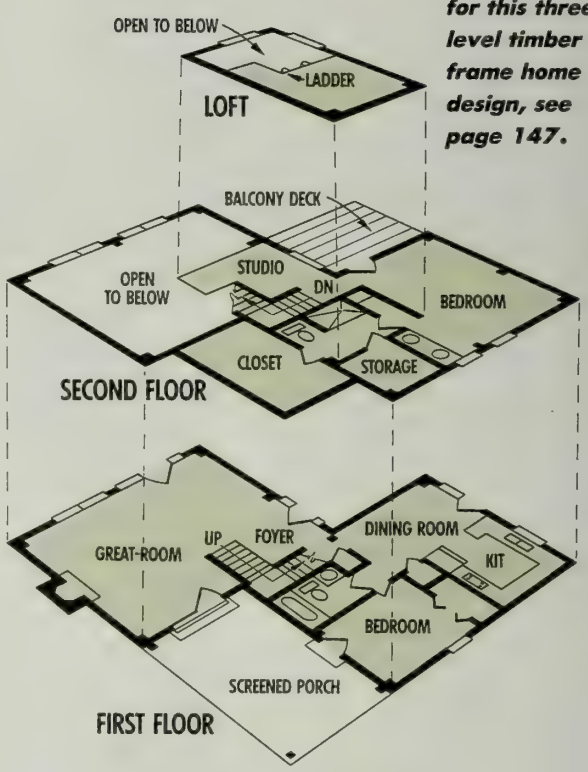
nest, reached with a built-in ladder, creates a third level and a great place for kids to play.

FAITH IN THE FUTURE

Abandoned 100 years ago in the face of mass-produced housing, the 2,000-year-old craft of timber framing has enjoyed a growing revival of late. Companies like Riverbend are creating modern, affordable homes using the same basic principles that once guided the building of homes in colonial America, churches in medieval Europe, and shrines in ancient Japan. Today, power tools and cranes speed up the process, but the design, skills, and materials remain true to the original spirit. Building such a home today is more than a lot of fun. It is a solid investment in the generations to come.

continued on page 68

To order plans for this three-level timber frame home design, see page 147.



Special thanks to: Airxchange, American Wood Council, Certainteed, Church's Lumber, Citizen's Gas, Dutch Boy, Foam Products Corp., Heritage Lanterns, Midwest Panels, North American Panel Systems, Inc., Tom Schoen/Landscape Construction, Geo. Burdick Assoc., TESS, Toro, Western Red Cedar Lumber Association.

Design: Jim Balmer/Riverbend. Photography: Bill Stites
Frame raising photos: Tom Jackson. Exterior photo: Tom Schrock/Riverbend



Another Way To Bag That Great Lipton Taste.

One sip of our decaffeinated tea and you're instantly reminded that this is Lipton Tea. Although we took out the caffeine, that rich, full, Lipton taste is still there.

At Lipton, it's all done so naturally, using only natural pure spring water and effervescence. What's more, Lipton is the only one that offers a full line of naturally decaffeinated teas.

And as you savor this tea, you can't help but agree that at Lipton the more things change, the more they stay the same.



When You're Sipping Lipton You're Sipping Something Special.

Lipton

PUTTING ON STRESS-SKIN PANELS

After the raising, the frame must be enclosed. Here's how it's done.



Panels are tilted into place on the frame.



Spikes fasten the panels to the oak.



Windows and doors are marked and cut.



The roof panels include finish ceiling material.

TIMBER FRAME



The engineering for this corner is thousands of years old. The process of enclosing it uses new high-tech materials.

LEARNING NEW WAYS

A timber frame project requires a willingness to learn from everyone involved: homeowner, general contractor, and subcontractors.

Fortunately, the recent revival of timber framing has spawned a number of companies that educate homeowners and contractors with seminars and even hands-on workshops. Here's what to look for.

TIMBER FRAMERS

Most timber frame companies design and cut frames. These are shipped to a site where your general contractor will erect the frame, often with the guidance of a timber frame adviser. Many companies can also erect the frames they cut. The bigger companies like Riverbend offer everything from seminars on how to cut your own frame to a finished home package.

STRESS-SKIN PANELS

The stress-skin panels used to enclose today's timber frame homes make those homes nearly airtight and very energy efficient.

The panels are a sandwich of rigid foam insulation glued to waferboard on each side. Drywall, or some other finish material, is glued to the interior side. The panels are simply tilted into place and nailed to the frame with extra-long nails.

Stress-skin panels sharply reduce air leaks, so ventilation has to be carefully considered. To eliminate stale indoor air in winter, most timber frame companies recommend a heat recovery ventilator (HRV). An HRV exhausts stale air and uses its heat to warm up incoming fresh air. (Our project used an HRV from AirXchange Inc.)

continued on page 70



f you can't see yourself in this room, look again.

We know what you're thinking. "I've got two kids, a , and a Great Dane. I could never buy that furniture." Yes you can. ause now there's New Lasting Images — a unique collection of igner furniture featuring revolutionary FuturStyle™ Seating Support tems from Du Pont.

FuturStyle™ is a remarkable concept in seating that laces springs and coils. The result is everything you've ever wanted quality and durability. Furniture made with FuturStyle™ is ex- mely comfortable. And research has shown that it's up to six times re durable than a typical spring construction.

In addition, each piece features plush, wear-resistant ric made with Du Pont upholstery fibers and comfortable, resil- t cushions made of Du Pont Dacron® Hollofil® polyester.

You can buy New Lasting Images in 26 high-fashion colors and a variety of modular pieces to customize any room setting. New Lasting Images is backed by a limited warranty and you can charge your purchase on SearsCharge Plus with low monthly payments — see your Sears store for details.

Come in and see New Lasting Images made with FuturStyle™ Seating Support Systems from Du Pont. It's beautiful furniture your family can really live with.



SEARS

CRAFTED WITH PRIDE IN U.S.A.

w Lasting Images collection by randy williard design, manufactured by Stanford Manor, a division of Furniture Corporation of America.

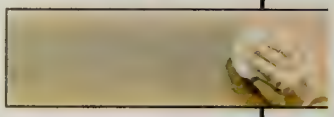
©1990 Du Pont

WITH A LITTLE FROST, IT'S EASY TO WARM UP YOUR HOME.

Introducing WoodSheen® Frosted Stain & Finish

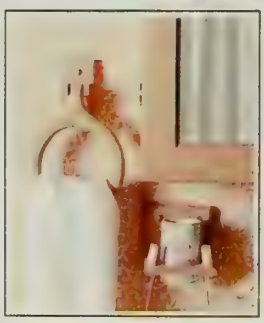


Warm up your home in one easy step with new WoodSheen Frosted Stain & Finish from Minwax®.



This penetrating oil stain and finish protects and highlights wood's natural beauty—and it dries in two hours. Try all six pastel shades, or, for a more traditional look, use WoodSheen in seven rich wood tones.





MINWAX®
MAKES WOOD BEAUTIFUL

For more about Minwax's entire line, write for our FREE booklet, *Tips on Wood Finishing:* Minwax, Dept. BH 070, Box 426, Little Falls, NJ 07424.
®Minwax and WoodSheen are registered trademarks.
©1990 Minwax Company, Inc.

TIMBER FRAME

continued from page 68

CODES, CONTRACTORS, AND BANKS

Introducing any new building system requires that many people become familiar with the process. A timber frame doesn't have hollow exterior walls, and offers few places to hide plumbing lines, ductwork, and electrical wires. These systems are concealed, but by methods that may be unfamiliar to subcontractors. To prevent problems, educating all the subcontractors is a must.

Properly designed and built timber frames surpass all structural code requirements, but code officials and bankers may at first hesitate to approve a nonstandard home. Get them involved in the education process, too—the earlier the better.

THE TIMBER FRAMERS GUILD

Aside from the timber frame company you choose, the best source of information on timber framing is the Timber Framers Guild of North America. Organized in 1985, the Guild is composed of about 250 timber frame companies and several hundred enthusiasts. The Guild offers a quarterly newsletter ($12.50 a year), East- and West-Coast conferences, and periodic seminars and workshops. To find a timber frame company in your region of the country, send for the Guild's Professional Directory ($7.50) by writing to the Timber Framers Guild of North America, P.O. Box 1046, Keene, NH 03431.

RECOMMENDED READING

If you want to learn more about the timber frame process, we recommend a couple of books. Tedd Benson's *The Timber Frame Home—Design, Construction, Finishing* from Taunton Press provides a nice mix of color photos, illustrations, history, and theory. The other, *Planning the Timber Frame Home: A Design Primer*, published by Riverbend Timber Framing, includes information on design considerations and financing of timber frame homes and a variety of plans showing different styles. Both books can be ordered through our Family Shopping Service, page 147.

Cambridge

IS IT THE FLAVOR?

IS IT THE FLAVOR?

IS IT THE FLAVOR?

IS IT THE PRICE?

IS IT THE PRICE?

IS IT THE PRICE?

ISN'T IT A GOOD THING
YOU DON'T HAVE TO CHOOSE?



Taste and Compare!

hilip Morris Inc. 1990

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

17 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method

NIGHT LIGHTS AREN'T JUST FOR THE KIDS' ROOM.



Remember when you were a kid how good a night light used to make you feel? Well, high-efficiency outdoor lighting can the same thing for your home. Because a house that's well-lit on the outside is one that's much safer for you. And one that's a lot inviting to prowlers. If you'd like to receive more information on how to use high-efficiency outdoor lighting to enhance the saf security and beauty of your home, contact your electric utility. Because even a kid knows a night light can help keep the bad guys a

YOUR ELECTRIC UTILITY

Easy DECORATING Breezy WITH Summer SHEETS Style

BY DENISE L. CARINGER
ROBERT E. DITTMER AND SANDRA S. SORIA

AH-H-H...SUMMERTIME AND THE LIVING IS EASY. WANT TO HANG ONTO THAT FEELING YEAR-ROUND?



TURN THE PAGE FOR SIMPLE-TO-SEW DECORATING PROJECTS THAT BREATHE OCEAN-BREEZE FRESHNESS INTO LANDLOCKED ROOMS. ALL SEWN WITH LINENS DESIGNED BY LIBERTY OF LONDON FOR *MARTEX* (*SHOWN ABOVE*), THESE IDEAS ARE EASY ON THE BUDGET, TOO.

Easy Breezy Summer Style

A BEDROOM CAN enjoy sheet success almost overnight with *Better Homes and Gardens®/Butterick* patterns as the agent of change. Love a happy ending? Look how the table skirt, cushion covers, and floor-screen curtain (*below*)—sewn from linens—"romance" a once-lonely corner.

Buying information, page 129.







WITH LINES THAT DIP AND CURVE like a [illegible] rolling sea, this bedroom [illegible]. Then, prints and textures as varied as pebbles on the beach perk it up with personality. To order the sewing patterns shown, *see page 82* or find them at your fabric store.



FOR A TUCKED-IN FEELING as good as Mom used to give, look for linens that



Easy Breezy Summer Style

SEW-EASY COVER-UPS and mixable linens make a dynamic decorating duo. They'll save a room by reviving tired furniture or making matches of unlikely pieces. To order the chair cover and FREE accessories patterns, *see page 82.* For the dressing table cover instructions, *see page 83.*

Buying information, page 129.

pamper with little extras. Liberty of London designs for *Martex* invite with lacy trims, delicate prints, and a medley of ready-made throw pillows.



Easy Breezy Summer Style



INSIDE OR OUT, curvy wicker plumped with blooming, sew-your-own cushions says summer fresh. Another tip for giving your rooms charming cottage appeal? Start with clean, white backdrops.





TIE BACK the wall coverings at the window for a peek at the great outdoors.

CRISP STRIPED sheets hang by ribbons from porcelain pulls. The covering can be easily lifted off for washing.

Buying information, page 129.

Photographs: D. Ran... Foulds. Location: The S... House, Nantucket, Mass. ... editor: Estelle Bond Gurlanick. Design consultant: Nancy Wing


Everyday Low Price
BELAIR
REFRESHING MENTHOL
BELAIR
Lights
100's
LOW TAR • MENTHOL
Available in Full Flavor and Lights, Kings and 100's.
New
BELAIR
Taste The Refreshment
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
per cigarette by FTC method.

Anyone can fill a can with paint. Ours are filled with possibilities.



At Sherwin-Williams we've been making paint for 124 years. And in all those years, one thing has never changed.

When you open a can of our paint, you open a world of decorating possibilities.

With Sherwin-Williams paint and the right color you can make a small room look bigger. A big room look cozier. Make a dramatic color statement.

With Sherwin-Williams ColorAnswers™ system the possibilities are endless. We have over 800 interior colors, 400 exterior colors. So we can match virtually any color you can imagine.

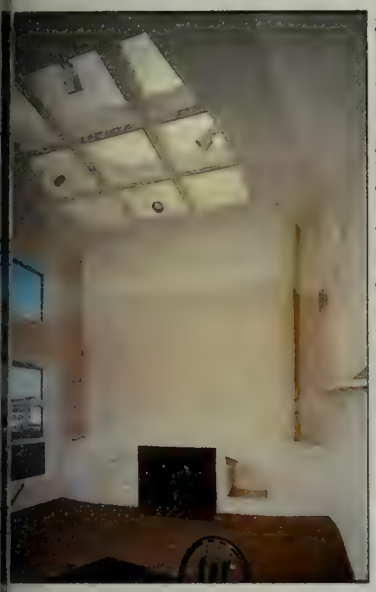




great way to highlight interesting architectural detail. Here we've used Pavillion Beige, Casa Blanca, Street to bring out the Victorian woodwork that decorates this charming gable.



Sherwin-Williams Solid Color Exterior stains give you the color impact of paint, yet allow the beauty of the wood grain to show through.



Architect Donald MacDonald, F.A.I.A. Photographer Hammond/Salin

noosing colors, don't overlook the decora-sibilities of whites, lights, and neutrals. n give any space a lofty, airy, open look.

ect your home from elements. Enhance its architecture.

And no one can help you put paint to work as well as Sherwin-Williams. We offer a complete range of paints, for interior and exterior, in flat, gloss, semi-gloss or new satin finishes. Plus solid color and semi-transparent stains for exteriors.



The only place to get quality Sherwin-Williams brand paint is at a Sherwin-Williams store. And with over 1900 stores around the country, one is sure to be near you.

Your local Sherwin-Williams store can help you decide which paint finish is best. How many gallons. Help you choose the preparation supplies and application tools that make painting easier, faster.

So if you're thinking of painting your home, inside or out, visit your Sherwin-Williams store today. And explore all the possibilities.



Our Semi-Transparent Exterior Stains maintain the natural look of siding, while highlighting the wood grain.

Ask Sherwin-Williams℠

SHERWIN Williams®

© 1990, The Sherwin-Williams Company

continued from page 78

Easy Breezy Summer Style



D. RANDOLPH FOULDS

To order *FREE* Butterick Pattern No. 4350 for these dressing-table accessories, fill out the coupon (*right*).

Want to lull a room with seaside charm? It's a breeze with *Better Homes and Gardens® Designs for Butterick* patterns and *Martex/WestPoint Pepperell* linens. To order patterns for the sewing projects *on pages 73–78,* use our coupon (*right*) or look for the patterns at a fabric store. To receive the free bed-and-bath accessories package (*above*), you must mail in our coupon. Be sure to include $1 to cover postage and handling for EACH pattern ordered.

To decorate the easy, breezy be room, we used a mix of *Butterick* ar *Vogue* patterns. Please note the follo ing projects and their correspondir pattern numbers. Specify the patter you would like to order by circlir them in the coupon (*right*).

- Wall and window covers (*on pag 74–78*)—Butterick Pattern No. 6764
- Wicker seat cushions (*on pages and 78*)—Vogue Pattern No. 2039
- Round tablecloth (*on page 74*) Vogue Pattern No. 1422
- Dressing-table chair slipcover (*page 76*)—Butterick Pattern No. 676
- Dressing-table accessories (includ tissue box cover, wastepaper baske and dresser tray, *shown on page 76*) Butterick Pattern No. 4350

***Note:* The slipcovered armcha *shown on page 75* is NOT a proje The bed dressings are all read made items from *Martex,* availab at fine department stores.**



EASY, BREEZY PATTERNS

Please allow 6 to 8 weeks for delivery. Be sure to include $1 for EACH pattern ordered to cover postage and handling.

Butterick Pattern No. 6764 ..... $5.50
Vogue Pattern No. 2039 ..... $8.00
Vogue Pattern No. 1422 ..... $8.00
Butterick Pattern No. 6763 ..... $5.50
Butterick Pattern No. 4350 .....$0.00
Postage and Handling .....$1.00 each
Total ..... $_____

Name _____

Address _____

City _____

State _____ Zip _____

Send check or money order (U.S. funds only) to:
Better Homes and Gardens®/Butterick Offer
P.O. Box 3207
Steinway Station
43-02 Broadway
Long Island City, NY 11103
Offer Expires July 1, 1991

RESSING-TABLE SKIRT

ollow these instructions to make e table skirt *shown on page 76.*

Measure the length (A), width (B), nd height (C) of your table. For the p, add 1 inch to the length and 1 inch to the width. Cut 1 piece of fabric to this dimension. To determine the skirt length, add 3½ inches to the table height (C). For the skirt width, add 16 inches to (A) and 16 inches to (B). Cut 2 pieces for the skirt front and back, and 2 pieces for the skirt sides, using the following measurements: *Front and back*—(A) plus 16 inches by (C) plus 3½ inches; *sides*—(B) plus 16 inches by (C) plus 3½ inches.

- Place the skirt sides on the skirt front, right sides together, and stitch ½-inch seams.
- Turn up a 3-inch hem in the skirt, turning under ¼ inch on the raw edge. Stitch the hem in place along this edge.
- Clip ⅜ inch into the top edge of the skirt at each of the 4 seams.
- For the corner pleats, measure 8 inches to the left and right of each seam. Mark these points.
- With the seams as the center of each pleat, fold the fabric on the marks and bring to the seam, keeping the edges even. Repeat for all the corners.
- Baste across the top of the pleats.
- Stitch the skirt to the top, placing the corners of the top at the skirt seams.
- Press seam toward the top.



AROUND-THE-CLOCK LIGHTING

MANY POINTS OF LIGHT, DAY OR NIGHT



ARCHITECT: GLASS ASSOCIATES, INC. PHOTOGRAPHS: JAY GRAHAM. REGIONAL EDITOR: HELEN HEITKAMP

Warm up your guests with the soft glow of incandescents, then dazzle them with the sparkling intensity of a halogen light.

Tiny halogen lamps throw off a brilliant white light. Counterweights suspend the fixtures and the electrical current is carried by the wires.

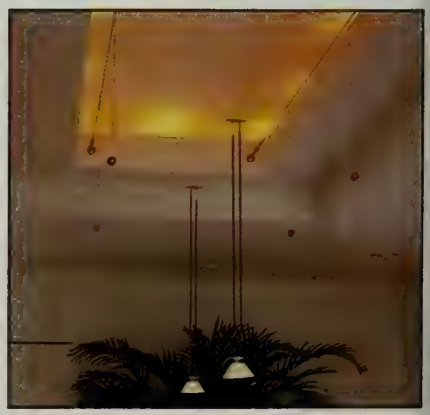
BY TOM JACKSON

Relegate the Dark Ages to the past, and see how today's lighting designs can easily rekindle your home's spirit. When you combine sunshine with halogen, fluorescent, and incandescent lights, you can recharge any room's atmosphere.

Want to change the mood? In this home you simply change the lighting, from cheerful, sun-dappled daylight, to the elegance of sconces, to the focused intensity of a halogen spotlight.

Over the dining table, recesses in the ceiling conceal small incandescent bulbs that warm up the room with a soft, marqueelike light. Suspended by counterweights above the table, two high-intensity halogen fix-

continued on page 89



AT HOME
WHERE THE LIVING IS EASY





SAVE $100-$149 ON EACH PIECE IN SEARS NEW LINE OF RECLINING FURNITURE

Introductory Price
$699 Double recliner sofa will be $799 after July 28

Finally, the comfort you deserve to come home to when the day is done. Our Wall-hugger® reclining sofas and loveseats feature almost unlimited positions for total relaxation at the touch of a button. Choose from 3 styles, each available in 6 colors. Treated with Scotchgard® Brand Fabric Protector for easy care. Also available in stationary or sofa sleeper styles.

Double recliner loveseat, reg. $749, **$600**
Stationary sofa, reg. $749, **$599,** loveseat, reg. $649, **$500**
Queen sleeper with 6½-in. pillowtop mattress, reg. $799, **$699**

SEARS



COZY COMFORT . . . FROM SEARS ROYAL COURT COLLECTION

$99 Twin

3-pc. set includes comforter, sham, bed ruffle

This is the stuff that dreams are made of. An over-plumped comforter featuring Qualofil® polyester for soft, down-like comfort. Oversized to drape elegantly. With extra details that mean quality, like a reversible 200-count percale cover and custom style box-stitching. Made by Springs®. What's more, you'll find silky sheet sets of 200-count combed cotton/poly blend percale with a softness you have to feel to believe. All in dreamy prints and coordinating solids, and only from our Royal Court premier collection.

Heritage sheet set by Fieldcrest, twin $29

Royal Court window fashions, panel set, 44.90

Coordinating decorative accent pillow, 16.50

Full, queen, and king sizes also available.



PAMPER YOURSELF . . . ALL-COTTON TOWELS FROM FIELDCREST MILLS AND SEARS

$10 bath towel
27 x 52 in.

What bath towels were meant to be—a bit of luxury to wrap yourself in when you step out of the shower. These thick, thirsty, generously sized towels are just part of our Royal Court premier bath collection. You'll also discover plush rugs, European-inspired shower curtains and unique accessories—everything you need to transform your bath into an oasis of comfort and style at remarkably affordable prices.

Royal Court hand towel **$7**. Wash cloth **$4**.
Bouquet Stripe shower curtain **$35**. Bath rug **16.96**.
English Garden tumbler **$9**. Trinket box **19.50**.
English Garden soap dish or toothbrush holder **$10**.

EXTRA SPECIAL PURCHASE

comfort promise

Sleep on it for 30 nights
Not happy? We'll buy it bac

Sleep on your Sears bedding set for 30 nig
If you're not completely satisfied, Sears will
it back! And of course, at Sears, it's always
satisfaction guaranteed or your money bac



EXTRA-THICK 10-INCH MATTRESS FROM SPRING AIR®

$98 Twin, ea. pc.

Full size, ea. pc., **$148**
Queen size 2-pc. set, **$398**
King size 3-pc. set, **$498**

Why settle for an ordinary mattress when you can enjoy the extraordinary comfort of our Spring-O-Pedic Jumbo bedding a wonderfully affordable price? Our extra-thick mattress is design provide you with super firm support for a good night's sleep, ar features an elegant damask cover by Burlington®. 15-year warra

*See store for warranty details.

© Sears, Roebuck and Co. 1990

All prices listed in this merchandise offering apply only to the continental U.S. except Alaska.

SEARS

Your money's worth and a whole lot more.

continued from page 84



A simple colonnade separates the dining from the living room and yet allows light and views to be shared between them.

tures draw your dinner guests into an intimate cone of light that creates sparkling highlights on silverware, glasses, and china. During the day, French doors and fixed sidelights offer up a cheerful wall of sunshine. As day turns to dusk, this glass wall captures the changing hues of the sky.

The colonnade separating the dining from the living room allows light and views to be generously shared between rooms. The columns also play host to four elliptical sconces that cast light up and shadows down, like torchlights of old.

Soaring up over the sitting area in the living room is a massive, 8×13-foot light well topped by a 2×8-foot skylight. The light well generously spreads and amplifies the sunshine collected by the skylight and provides a lofty, open feel to the entire living room.

Rather than turning into a black hole at night, this light well keeps shining, thanks to a row of fluorescent tube light fixtures.

Buying information, page 129.



Lofty thoughts are easy to come by with this expansive light well. Fluorescent lights keep the big opening illuminated at night.

FAST-TO-FIX FAMILY FAVORITES

DINNER IN MINUTES

BY LISA HOLDERNESS



Pair this chilled yellow pepper soup with a crisp summer salad.

For a care-free and refreshing supper, just toss together a hearty salad and pull the made-ahead soup out of the refrigerator.

CHILLED SWEET PEPPER SOUP

This soup makes enough for two meals. Dish up two servings and chill the rest, up to four days, to serve another time—

1 Tbsp. margarine *or* butter
2 medium carrots, chopped
1 large onion, chopped
1¼ cups chicken broth
1 sweet yellow pepper, chopped
1 3-oz. pkg. cream cheese, cubed and softened
½ tsp. salt
Dash ground red pepper
Dash ground nutmeg
½ cup milk *or* light cream
Dairy sour cream (optional)

● **In a saucepan melt** margarine or butter. Add carrots and onion; cook, stirring occasionally, about 10 minutes or till vegetables are tender.

● **Stir in chicken broth;** bring to boiling over medium-high heat. Stir in yellow pepper. Reduce heat; cover and simmer for 15 minutes or till pepper is tender. Remove from heat and cool slightly. Stir in cream cheese, salt, red pepper, and nutmeg.

● **Transfer *half* of the mixture** to a blender container or food processor bowl; cover and blend or process till smooth. Transfer to a large bowl. Repeat. Cover and chill at least 4 hours.

● **To serve, stir** in the ½ cup milk or cream. Ladle *half* of the mixture into *two* soup bowls. Stir additional *milk* or *cream* into sour cream to thin slightly; drizzle atop soup. Serve with a crisp salad from the Choose-Your-Own-Salad Chart. Cover and chill remaining soup mixture for up to 4 days for another meal. Makes 4 side-dish servings.

Nutrition information per serving: *164 cal., 5 g pro., 12 g carbo., 12 g fat, 26 mg chol., 635 mg sodium, 380 mg potassium, and 2 g dietary fiber. U.S. RDA: 216% vit. A, 53% vit. C.*

CHOOSE-YOUR-OWN SALAD



Pull dinner together in minutes, then relax over a light soup-and-salad meal.

Photographs: Perry Struse
Food stylist: Janet Herwig

Mix and match your way to a super summer salad! Pick one or more ingredients from each category. (Use the amounts given for two main-dish salads.)

● **DELI MEATS:** *4 ounces thinly sliced and cut into strips*
Pastrami, roast beef, ham, smoked turkey, chicken

● **GREENS:** *2 cups, torn, of any combination*
Endive, iceberg lettuce, Bibb or Boston lettuce, spinach, watercress leaves, radicchio, sorrel

● **FRESH VEGETABLES:** *¾ cup—try an assortment!*
Halved cherry tomatoes, sliced yellow summer squash, peeled and sliced jicama, sprouts, peas, quartered and cooked tiny new potatoes

● **SALAD TOPPERS:** *About 3 tablespoons total*
Crumbled feta cheese, raisins, sunflower nuts, sliced olives, toasted sesame seed, sliced almonds, granola

Fix-ahead tip: For more flavor, marinate the meat strips in *3 tablespoons* of bottled Italian salad dressing. Cover and chill till salad time.

At mealtime: Toss greens and fresh vegetables with meat mixture. Sprinkle with salad toppings and serve with Chilled Sweet Pepper Soup. Makes 2 main-dish servings.

Note: *For a time-saver, rinse and clean greens ahead of time. Prepare any vegetables needing to be rinsed, cooked, or sliced ahead of time also. Store cleaned greens and vegetables in plastic bags or storage containers with a paper towel to absorb excess liquid.*

© Nestlé Foods Corporation





Original Blend™



Original Blend™
Naturally Decaffeinated



Gourmet Roast™



Gourmet Roast™
Naturally Decaffeinated



Colombian
Select™

All you need is some good company, good coffee, and ivid imagination. Let us take care of the coffee. Taster's oice® is a gourmet blend of rich premium beans that is eze dried. And freeze dried coffee is superior because it ains more flavor and aroma than any other instant coffee.

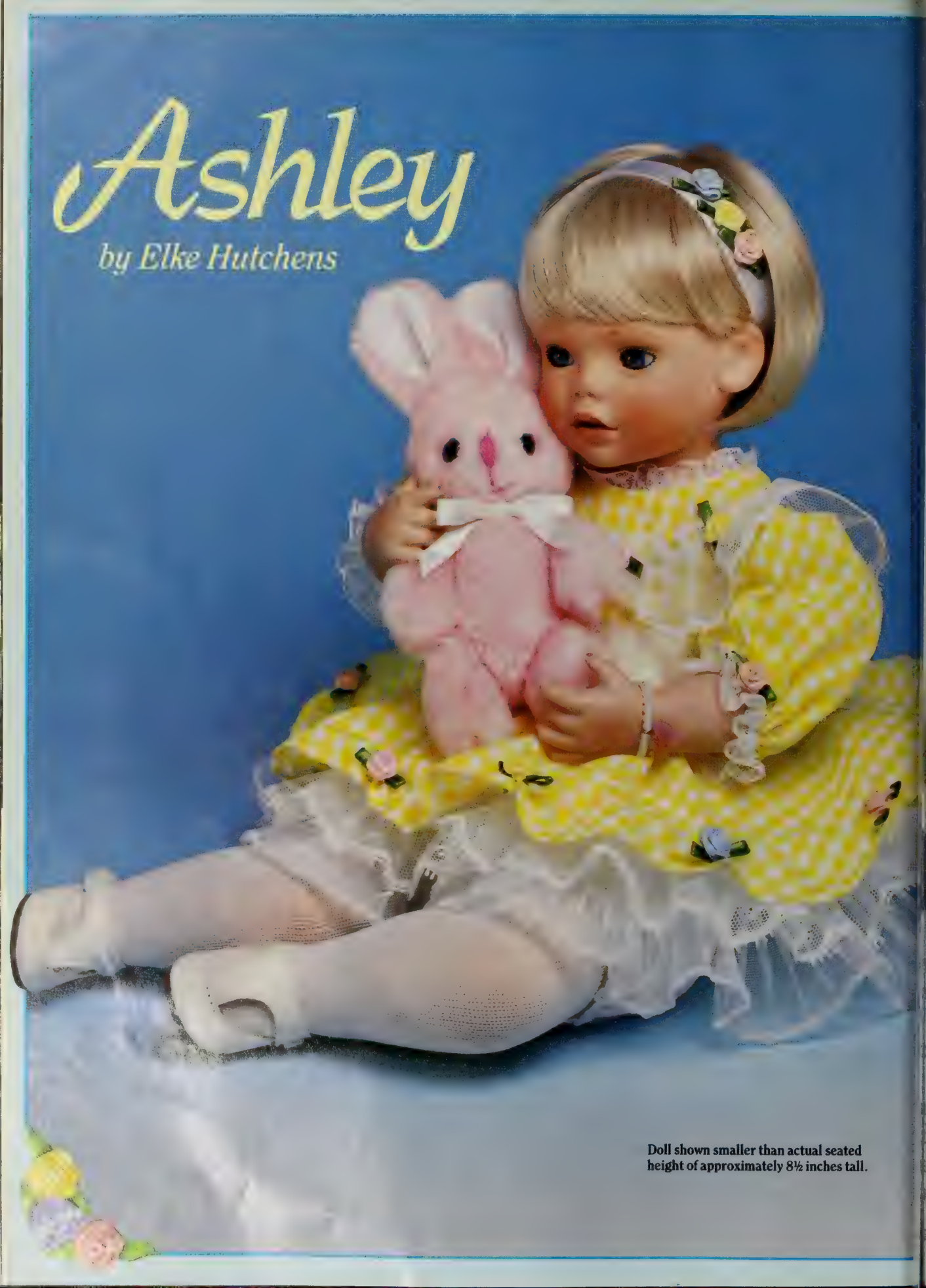
What's more, there are five ways to joy the rich, full taste of Taster's Choice.

Original Blend: all the flavor and aroma of a superior blend—also in naturally decaffeinated. *Gourmet Roast:* an extra rich and robust blend, also naturally decaffeinated. And *Colombian Select:* half the caffeine, but all the flavor of 100% Colombian beans.

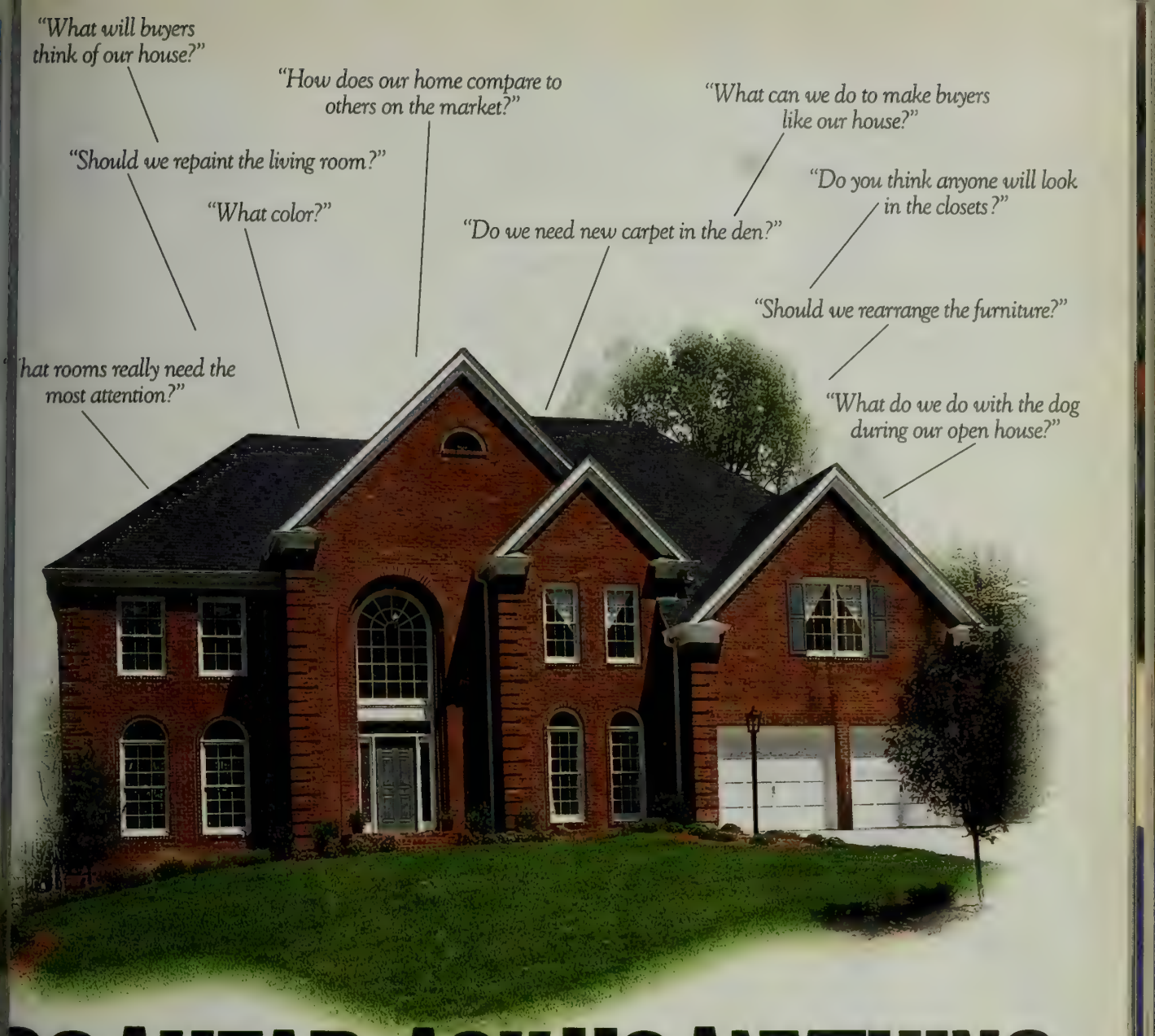
Only Taster's Choice is good enough.™

Ashley

by Elke Hutchens



Doll shown smaller than actual seated height of approximately 8½ inches tall.



GO AHEAD. ASK US ANYTHING.

When it's time to sell our home, you're bound to have questions like "What will buyers think of our home?"

We know. Because we asked our agents around the country what buyers are really looking for. And we used that knowledge to develop the Better Homes and Gardens® Home Merchandising System.™

It's a unique system that combines our real estate marketing expertise with *Better Homes and Gardens* vast knowledge of the home to show you how to enhance your home from a *buyer's* perspective.

Then, to reach buyers and to help sell your home quickly, easily and at the best possible price, we'll use our proven Home Marketing System.™

Any questions? Call your local *Better Homes and Gardens* member firm or 1-800-274-7654.

SOLD

Better Homes and Gardens®

NOBODY KNOWS HOMES BETTER.®

Each firm independently owned and operated. Availability of services may vary. ©Copyright 1990 Meredith Corporation.



Nothing beats the Original.

For over 40 years, Original MINUTE® Rice has been America's favorite instant rice. Because it's light and fluffy. Perfect every time — in just 5 minutes.

And whether it's part of a recipe or by itself, it carries off the meal in styl That's why today, the favorite is still MINUTE® Rice.

© 1990 Kraft General Foods.

BY JULIA MALLOY

Summer Harvest

RECIPES FRESH FROM THE GARDEN



Dig in! It's time to harvest the vegetable garden we showed you how to plant last spring. (See our March 1990 issue for details.) Even if you didn't plant the special varieties, try our recipes with market produce.

Buying information, page 129
Recipes begin on page 104

Serve *Best-of-the-Garden Platter* with *Creamy Salsa Dip* (in purple pepper) or *Lemon-Dill Dip* (in Sundrop squash).

Summer Harvest

Savor luscious summertime dishes using our fresh garden vegetables listed below.

CARROTS

Sweet ball-shape *Planet carrots* have a red-orange hue. Mini *Caramba carrots* mature at 3 inches.

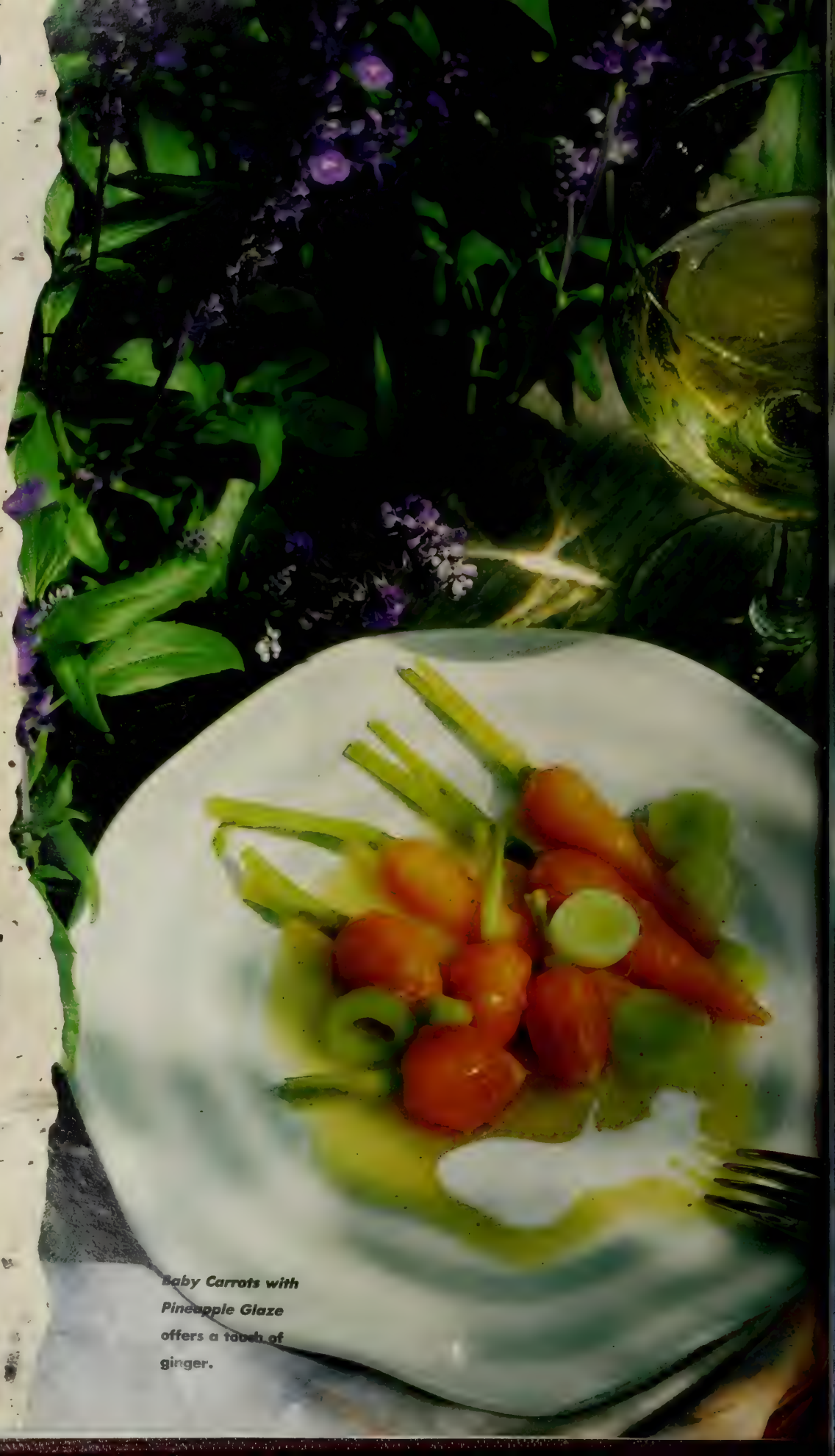
LEEKS

When harvested young, tiny, tender *Varna leeks* can substitute for chives. Slice mature leeks for soups and sauces.

TOMATOES

Chello Yellow and *Sweet 100 Plus cherry tomatoes* deliver a zesty flavor. Medium-size meaty *Roma plum tomatoes* make great paste or sauce. Slice up larger, deep-red *Dona tomatoes* for salads.

Recipes begin on page 104.



Baby Carrots with Pineapple Glaze offers a touch of ginger.



Top this *Three-Tomato Tart* with large, juicy tomato slices and jewellike yellow and red cherry tomatoes.

Summer Harvest

Little Finger eggplants grow between 3 and 7 inches long. You can stew, stir-fry, pickle, or bake these miniature vegetables.

Your hill of beans may yield green, spotted, striped, and even purple beans. ***Royal Burgundy Purple Pods*** turn green when they're cooked. Purple spots dot green ***Selma Zebrina beans***. ***Dragon Tongue beans*** sport faint bronze stripes and turn pale yellow when cooked. Good ol' green means ***Derby*** or ***Vernanden Haricots Verts beans***. Try these colorful varieties in any of your recipes that call for green beans.

Recipes begin on page 104.



Serve *Caponata*, an Italian appetizer, at room temperature with pita wedges and French bread.



Tarragon Bean Salad, with its vinaigrette dressing, totes along perfectly to a cookout.

Summer Harvest

PEPPERS

No longer just green, peppers now come in a rainbow of colors. ***Lorelei peppers*** taste similar to green bell peppers, only they're purple. ***Quadrato D'Oro peppers*** gleam gold with thick walls and sweet flesh. ***Codice*** wear a bright red skin. Another red pepper is ***Super Cayenne***, a small but mighty hot pepper that makes a striking garnish.

SQUASH

Eat tender summer squash raw or cooked, as you would zucchini. Scalloped yellow ***Sunburst squash*** will yield a buttery fruit. Egg-shaped yellow ***Sundrop squash*** steams and microwaves beautifully.

Recipes begin on page 104.



Garden Vegetable Pasta Toss, made with fusilli pasta, combines succulent squash, leeks, and carrots.



Make *Green Bean Bundles in Sweet Pepper Sauce* with two different pepper colors: red and yellow.

Summer Harvest



A knot of young garden-fresh leeks crowns Sunset Salad.

Scalloped Sunburst squash adds a novel shape and buttery flavor to Green and Gold Stir-Fry.

SUNSET SALAD

Fresh garden choice: Quadrato D'Oro peppers; Salad Bowl, Buttercrunch, or Red Leprechaun lettuce; Roma or Dona tomatoes; Sweet 100 Plus and Chello Yellow cherry tomatoes; Varna leeks.

½ tsp. finely shredded orange peel
3 Tbsp. orange juice
2 tsp. snipped chives
½ tsp. honey
⅛ tsp. salt
⅛ tsp. freshly ground pepper
2 yellow sweet peppers, sliced into rings

• • •

Lettuce leaves
6 to 9 plum tomatoes *or* 2 to 3 medium tomatoes, sliced
1 medium orange, sliced
1 cup red cherry tomatoes, halved
½ cup yellow *or* red cherry tomatoes, halved (optional)
Fresh young leeks *or* chives (optional)
Freshly ground pepper (optional)

● **For dressing,** in a small bowl combine orange peel, orange juice, the 2 teaspoons chives, honey, salt, and the ⅛ teaspoon pepper. Set aside.

● **In a skillet cook** yellow pepper rings, covered, in a small amount of boiling water for 1 to 2 minutes till crisp-tender; drain and cool. Place pepper rings in a plastic bag set in a bowl. Add dressing; close bag. Turn to coat. Chill, turning bag occasionally.

● **To serve, line a large platter** with lettuce. Arrange tomato and orange slices around edge. Drain pepper rings, reserving dressing; arrange rings in an overlapping circle inside tomatoes. Fill center with red cherry tomatoes. If desired, garnish with yellow cherry tomatoes and a knot of leeks. Drizzle with reserved dressing. Sprinkle with pepper. Makes 4 to 6 servings.

Nutrition information per serving: *55 cal., 2 g pro., 13 g carbo., 0 g fat, 0 mg chol., 77 mg sodium, 384 mg potassium, and 3 g dietary fiber. U.S. RDA: 14% vit. A, 124% vit. C, 13% thiamine.*

GREEN AND GOLD STIR-FRY

Fresh garden choice: Varna leeks; Green Dwarf broccoli; Sunburst or Sundrop squash.

Nonstick spray coating
1 cup thinly sliced leeks
1 Tbsp. snipped fresh oregano *or* ¼ tsp. dried oregano, crushed
1 clove garlic, minced
1 to 2 Tbsp. olive oil *or* cooking oil
½ tsp. sesame oil
2 cups broccoli flowerets
2 cups yellow summer squash, cut into small wedges
Lemon wedges
Fresh basil (optional)

● **Spray a wok** or large skillet with nonstick coating. Preheat over medium heat. Add leeks, oregano, and garlic; stir-fry for 2 to 3 minutes or till leeks are tender. Remove from wok or skillet; set aside.

● **Add 1 tablespoon olive oil** and the sesame oil to wok. Add broccoli and squash; stir-fry for 3 to 4 minutes or till vegetables are crisp-tender, adding remaining oil if necessary. Return leek mixture to wok; heat through. Serve with lemon wedges. Garnish with additional basil, if desired. Makes 4 side-dish servings.

Nutrition information per serving: *79 cal., 2 g pro., 9 g carbo., 5 g fat, 0 mg chol., 19 mg sodium, 337 mg potassium, and 3 g dietary fiber. U.S. RDA: 12% vit. A, 86% vit. C.*

TURKEY-STUFFED PEPPERS

Check which dish size best fits the peppers and your microwave oven. Recipe pictured on page 106—

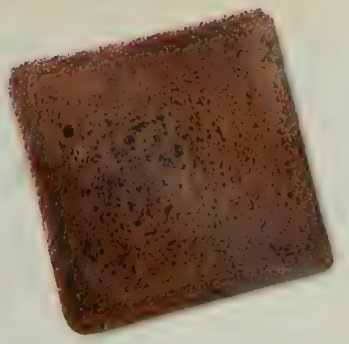
Fresh garden choice: Quadrato D'Oro or Lorelei peppers; Varna leeks; Dona tomatoes.

2 large sweet peppers (yellow, red, *and/or* green)
12 oz. ground raw turkey
1 medium leek, thinly sliced (⅓ cup)
1 clove garlic, minced
1½ cups chopped tomatoes
1 cup sliced fresh mushrooms
¾ cup quick-cooking rice
¼ cup water
1 Tbsp. snipped fresh parsley
1 Tbsp. snipped fresh basil *or* ¾ tsp. dried basil, crushed
1 tsp. instant chicken bouillon granules
Few dashes bottled hot pepper sauce
1 slice (1 oz.) Colby cheese, cut into 4 triangles

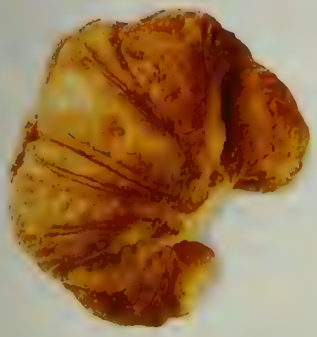
continued on page 10

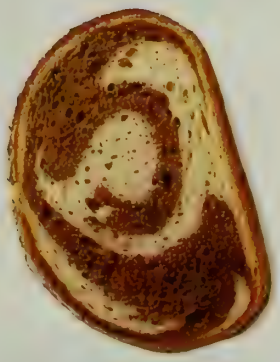






THE GREATEST THING







FOR SANDWICHES







SINCE SLICED BREAD.

© 1990 Nabisco

Summer Harvest

Keep cool in the kitchen; cook Turkey-Stuffed Peppers in your microwave oven.

Freezer Tomato Sauce lets you savor Roma plum tomatoes long after the first frost.



● **Halve peppers lengthwise;** remove seeds and membrane. Arrange peppers, cut side down, in an 8x8x2-inch or 12x7x1½-inch microwave-safe baking dish. Cover with vented clear plastic wrap. Cook on 100% power (high) for 4 to 6 minutes (low-wattage oven: 7 to 9 minutes) or till crisp-tender, giving dish a half-turn once. Drain; set peppers aside.

● **For filling,** in a 2-quart microwave-safe casserole crumble turkey. Add

FRESH. ONCE UPON A TIME.

leek and garlic. Cook, covered, on high for 5 to 6 minutes (low-wattage oven: 6 to 8 minutes) or till no pink remains and leek is tender, stirring once. Drain and return to casserole.

● **Add the tomatoes, mushrooms,** rice, water, parsley, basil, bouillon granules, and hot pepper sauce. Cook, covered, on high for 4 to 6 minutes (low-wattage oven: 6 to 8 minutes) or till rice is tender, stirring the vegetable mixture every 2 minutes.

● **Invert cooked pepper halves** in dish; fill with turkey-rice mixture. Cook, uncovered, on high for 2 to 3 minutes or till filling is heated through. Top each pepper with a cheese triangle. Serve immediately. Makes 4 main-dish servings.

Nutrition information per serving: *282 cal., 20 g pro., 24 g carbo., 12 g fat, 51 mg chol., 332 mg sodium, 514 mg potassium, and 3 g dietary fiber. U.S. RDA: 42% vit. A, 171% vit. C, 24% thiamine, 23% riboflavin, 41% niacin, 11% calcium, 17% iron.*

FREEZER TOMATO SAUCE

Spoon this chunky sauce over pasta, pizza, fish, or chicken—

Fresh garden choice: Roma tomatoes; Super Cayenne peppers.

6 lb. plum tomatoes
1½ cups chopped onion
½ cup chopped celery
3 large cloves garlic, minced
2 Tbsp. olive oil *or* cooking oil
2 tsp. sugar
1 to 2 tsp. salt
½ tsp. pepper
1 fresh red cayenne chili pepper, seeded and finely chopped (½ tsp.) *or* ⅛ tsp. ground red pepper (optional)
2 Tbsp. snipped fresh oregano *or* 2 tsp. dried oregano, crushed
1 to 2 Tbsp. snipped fresh thyme *or* 1 to 2 tsp. dried thyme, crushed

● **In a large kettle** bring 4 inches of *water* to boiling. Immerse tomatoes in boiling water for 1 minute. Drain in a colander; peel, seed, and chop tomatoes. (You should have 10 cups.)

● **In the same kettle cook** onion, celery, and garlic in hot oil about 5 minutes or till tender. Add tomatoes, sugar, salt, pepper, and cayenne pepper, if desired. Bring to boiling; reduce heat. Simmer, uncovered, for 45 minutes, stirring occasionally. Add oregano and thyme; simmer, uncovered, for 15 minutes more. Cool slightly.

● **In a food processor bowl** process sauce, one fourth at a time, to desired texture. (Or, put sauce through a food mill.) Place sauce in a bowl set in ice water to cool quickly. Fill freezer containers; seal tightly, label, and freeze.

● **To thaw one portion,** remove from freezer container and place in a saucepan. Cook over medium heat till hot, stirring occasionally. Or, in a 1-quart microwave-safe casserole cook on 100% power (high) for 12 to 14 minutes, stirring occasionally. Serve hot sauce over pasta. Makes 3 to 4 pints.

continued on page 108

FRESH. EVERY SINGLE TIME.
GOOD SEASONS.®
YOU MAKE IT FRESH. YOU MAKE IT BEST.™


aft General Foods, Inc.

Summer Harvest



First there was carrot cake, now—Oatmeal-Carrot Cookies.

MAKING THE CUT

When a recipe calls for 1 cup of a cut-up vegetable, here's the approximate amount you'll need:

Snap beans: about 30
Broccoli: 6 ounces
Carrots: 2 medium
Cucumber: ½ of a medium
Leeks: 3 medium
Onions: 1 large
Peppers: 1 medium
Squash: 1 small
Tomatoes: 2 small

Nutrition information per ½ cup tomato sauce: *81 cal., 2 g pro., 14 g carbo., 3 g fat, 0 mg chol., 203 mg sodium, 556 mg potassium, and 4 g dietary fiber. U.S. RDA: 18% vit. A, 70% vit. C, 15% thiamine, 10% riboflavin, 11% niacin.*

OATMEAL-CARROT COOKIES

A soft spiced cookie, with raisins or without—

Fresh garden choice: Caramba or Planet carrots.

¾ cup margarine *or* butter
1¾ cups all-purpose flour
¾ cup packed brown sugar
½ cup granulated sugar
1 egg
1 tsp. baking powder
½ tsp. ground cinnamon
¼ tsp. baking soda
¼ tsp. ground cloves
1 tsp. vanilla
2 cups rolled oats
1 cup finely shredded carrots
½ cup raisins (optional)

● **In a mixing bowl beat** margarine or butter with an electric mixer on medium to high speed for 30 seconds or till softened. Add about *half* of the flour, the brown sugar, sugar, egg, baking powder, cinnamon, baking soda, cloves, and vanilla. Beat till combined, scraping sides of bowl occasionally. Beat or stir in remaining flour. Stir in oats, carrots, and raisins, if desired.

● **Drop dough** by rounded teaspoons 2 inches apart onto an ungreased cookie sheet. Bake in a 375° oven for 10 to 12 minutes or till edges are golden. Remove from baking sheet. Cool on a wire rack. Makes about 4 dozen.

Nutrition information per cookie: *79 cal., 1 g pro., 12 g carbo., 3 g fat, 4 mg chol., 48 mg sodium, and 1 g dietary fiber. U.S. RDA: 13% vit. A.*

BEST-OF-THE-GARDEN PLATTER

Serve the dips in hollowed peppers, squash, or tomatoes—

Fresh garden choice: Caramba carrots; Sunburst squash; Dragon Tongue, Vernandon Haricots Verts, Royal Burgundy Purple Pods, or Derby beans; Quadrato D'Oro, Lorelei, or Codice peppers; Chello Yellow or Sweet 100 Plus cherry tomatoes; County Fair cucumbers; Paros Swiss chard.

8 to 12 baby carrots
6 small yellow summer squash, cut into 1-inch pieces
16 to 24 snap beans, trimmed
3 *or* 4 sweet peppers (yellow, purple, red, *and/or* green)
1 cup cherry tomatoes (yellow *and/or* red)
1 medium cucumber
Fresh herbs *or* Swiss chard (optional)
Edible flowers (optional)
1 recipe Creamy Salsa Dip
1 recipe Chutney Dip
1 recipe Lemon-Dill Dip

● **To trim carrots,** leave 1 to 2 inches of stem, if you like; do not peel. In a saucepan combine carrots, squash, beans, and a small amount of water. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes; drain and cool. Cover and chill till serving time.

● **At serving time,** remove tops and seeds from sweet peppers; cut into rings or strips. Halve any large cherry tomatoes, and cut cucumber into strips or slices. On a platter arrange cooked vegetables, peppers, tomatoes, and cucumber. If desired, garnish with fresh herbs (dill and purple basil) and/or edible flowers (red and yellow nasturtiums). Serve with assorted dips. Makes 8 to 12 appetizer servings.

Creamy Salsa Dip: Combine ½ cup *plain yogurt,* ½ cup *red salsa,* and ⅓ cup *reduced-calorie mayonnaise* or *salad dressing.* Cover and chill till serving time. Makes about 1¼ cups.

Chutney Dip: Combine one 8-ounce carton *plain yogurt;* 1 *green onion,* chopped; 3 tablespoons snipped *chutney;* and 1 teaspoon *curry powder.* Cover and chill till serving time. Makes about 1 cup.

Lemon-Dill Dip: Combine ½ cup *low-fat dairy sour cream;* 3 ounces *cream cheese* or *Neufchâtel cheese,* softened; 1 tablespoon snipped *fresh dill* or 1 teaspoon *dried dillweed;* 1 teaspoon *lemon juice;* 2 cloves *garlic,* minced; ¼ teaspoon *onion powder;* and ⅛ teaspoon *salt.* Cover; chill till serving time. Stir in enough *milk* (1 to 2 tablespoons) to make of dipping consistency. Makes about ¾ cup.

Nutrition information per serving with 2 tablespoons Creamy Salsa Dip: *98 cal., 3 g pro., 14 g carbo., 4 g fat, 4 mg chol., 183 mg sodium, 544 mg potassium, and 4 g dietary fiber. U.S. RDA: 123% vit. A, 119% vit. C, 14% thiamine, and 11% riboflavin.*

continued on page 110

If you have a



and like the taste of fresh



but you don't have a lot of



you can make delicious strawberry jam.





SURE·JELL® Easy Homemade Strawberry Jam Recipe

Fruit Pectin

2 cups mashed strawberries (about 1 qt.)*
1 pkg. SURE·JELL® Fruit Pectin
4 cups sugar
¾ cup water

1. *STIR strawberries and sugar together, mixing thoroughly. Set aside.*
2. *STIR SURE·JELL® and water in saucepan. Bring to a boil, stirring constantly. Boil 1 minute.*
3. *STIR mixture together until sugar is completely dissolved and no longer grainy. Pour into containers. Cover. Let stand overnight. Store in freezer until opened. Then store in refrigerator. Makes 4 (8 oz.) jars.*



Important: *Measure sugar exactly and do not reduce amount or jam will not set properly.* ****Helpful Hint:*** *A potato masher works best.*

© 1990 Kraft General Foods, Inc.

GENERAL FOODS USA

Summer Harvest

BABY CARROTS WITH PINEAPPLE GLAZE

Match this easy, elegant side dish with grilled pork loin or chicken breast—

Fresh garden choice: Planet or Caramba carrots; Varna leeks.

3 cups baby carrots (1 pound)
3 medium leeks, sliced ½ inch thick (1 cup)
2 Tbsp. water
1 6-oz. can (⅔ cup) unsweetened pineapple juice
2 tsp. cornstarch
½ tsp. grated gingerroot *or* ⅛ tsp. ground ginger
⅛ tsp. salt (optional)
⅛ tsp. ground nutmeg
Plain yogurt (optional)

● **To trim carrots,** leave 1 to 2 inches of stem, if you like; do not peel. In a 2-quart microwave-safe casserole combine the carrots, leeks, and water. Micro-cook, covered, on 100% power (high) for 9 to 11 minutes or till crisp-tender, stirring once. Drain; cover to keep warm.

● **For glaze,** in a 2-cup measure combine juice, cornstarch, gingerroot, salt (if desired), and nutmeg. Cook, uncovered, on high for 2½ to 3½ minutes or till thickened and bubbly, stirring every minute till slightly thickened, then after every 30 seconds.

● **Pour the glaze** over carrots; stir to coat. Garnish each serving with a dollop of plain yogurt. Makes 4 side-dish servings.

Nutrition information per serving: *92 cal., 2 g pro., 22 g carbo., 0 g fat, 0 mg chol., 45 mg sodium, 473 mg potassium, and 4 g dietary fiber. U.S. RDA: 399% vit. A, 30% vit. C, 15% thiamin, 10% niacin.*

THREE-TOMATO TART

Bake the crust ahead for this care-free appetizer—

Fresh garden choice: Dona, Chello Yellow, and Sweet 100 Plus tomatoes.

Pastry for Single-Crust Pie (see recipe at right)
3 Tbsp. grated Parmesan cheese
2 egg whites
1 cup low-fat ricotta cheese
2 cloves garlic, minced
1 Tbsp. snipped fresh lemon thyme *or* thyme, *or* 1 tsp. dried thyme, crushed
2 large tomatoes, sliced
5 yellow *or* red cherry tomatoes, sliced
2 red cherry tomatoes, sliced

• • •

1 Tbsp. olive oil *or* cooking oil
2 tsp. snipped fresh lemon thyme *or* thyme, *or* ½ tsp. dried thyme, crushed

● **Prepare pastry dough.** On a lightly floured surface, using a lightly floured rolling pin, roll pastry into a circle about 12 inches in diameter. Transfer to a 10-inch tart pan; ease pastry into pan. Trim pastry even with rim of pan. Do not prick pastry. Line pastry shell with a double thickness of heavy-duty foil.

● **Bake pastry in a 450° oven** for 5 minutes. Remove foil. Bake for 5 to 7 minutes more or till pastry is nearly done. Remove from oven. Reduce oven temperature to 325°. Sprinkle tart shell with Parmesan cheese.

● **Meanwhile, in a mixing bowl** beat egg whites slightly. Stir in ricotta cheese, garlic, and 1 tablespoon thyme; spread over pastry. Overlap large tomato slices in a circle around edge. Arrange yellow cherry tomatoes in a circle within tomato ring. Fill center with red cherry tomatoes.

● **Stir together olive or cooking oil** and 2 teaspoons thyme. Brush tomatoes with oil mixture.

● **Bake tart in a 325° oven** for 25 to 30 minutes or till heated through and nearly set. Serve warm or at room temperature. Store leftovers in refrigerator. Makes 10 to 12 appetizer servings.

Nutrition information per serving: *182 cal., 6 g pro., 15 g carbo., 11 g fat, 9 mg chol., 127 mg sodium, 142 mg potassium, and 1 g dietary fiber. U.S. RDA: 11% vit. C, 15% thiamine, 15% riboflavin, 12% calcium.*

PASTRY FOR SINGLE-CRUST PIE

Use in recipes calling for a single pastry crust, such as Three-Tomato Tart—

In a mixing bowl stir together 1¼ cups *all-purpose flour* and ¼ teaspoon *salt.* Cut in ⅓ cup *shortening* or *lard* till pieces are the size of small peas. Sprinkle 1 tablespoon *cold water* over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat, using 2 to 3 more tablespoons *cold water,* till all is moistened. Form dough into a ball. Use as directed in your recipe.

CAPONATA

Savor this Sicilian antipasto as a salad, an appetizer, or a relish—

Fresh garden choice: Little Finger eggplant; Sundrop or Sunburst squash; Dona tomatoes.

1 medium onion, sliced and separated into rings
¼ cup sliced celery
1 Tbsp. olive oil *or* salad oil
¾ lb. unpeeled eggplant, cut into ½-inch pieces
½ lb. yellow summer squash, cut into ½-inch cubes
1 small tomato, peeled, seeded, and chopped
2 Tbsp. halved pimiento-stuffed olives
2 Tbsp. red wine vinegar
1 Tbsp. capers, rinsed and drained
1 Tbsp. raisins (optional)
1 tsp. sugar

• • •

1 Tbsp. pine nuts *or* slivered almonds (optional)
Toasted pita triangles *and/or* French bread slices

● **In a large skillet cook** onion and celery in hot oil till tender. Add eggplant, squash, tomato, olives, vinegar, capers, raisins (if desired), and sugar; stir to combine. Simmer mixture, covered, for 8 to 10 minutes or till eggplant and squash are tender. Simmer, uncovered, for 5 to 10 minutes more or till most of the liquid has evaporated. Season to taste with salt and pepper. Cool slightly.

● **Add nuts,** if desired. Cool and serve at room temperature. Or, cover and chill overnight. Let stand at room temperature before serving. To serve, spoon mixture onto pita triangles and/or French bread slices. Makes about 3½ cups (8 to 10 appetizer servings).

Nutrition information per serving: *86 cal., 3 g pro., 15 g carbo., 2 g fat, 0 mg chol., 153 mg sodium, 229 mg potassium, and 3 g dietary fiber. U.S. RDA: 11% vit. C, 13% thiamine.*

continued on page 112



After 360 Years Of Brewing, We Still Don't Know A Thing About Beer.

Every one of our prepared sauces begins with our soy sauce. A sauce we've been making since 1630.

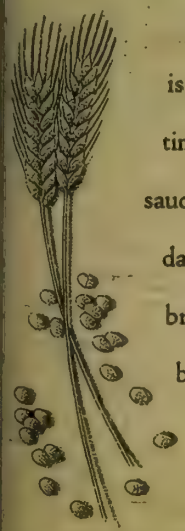
Of course, we know the history of soy sauce isn't exactly a subject that crosses your mind every day.

But, we think, the *way* we make soy sauce is something to be mindful of the next time you go shopping. Unlike most soy sauces, which are produced in a matter of days, Kikkoman Soy Sauce is naturally brewed much like a premium beer. Soybeans are blended with wheat in a mash and then fermented.

A brewing process that takes nearly six months. What results is a natural, aromatic flavor that celebrates (not conceals) the taste of your favorite foods.

Further food for thought. Our prepared sauces are not just for Oriental cooking. Quite the contrary. In fact, we have more recipes for Kikkoman than there are beer drinkers in the world. Well, almost.

To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS1A, P.O. Box 784, San Francisco, CA 94101.

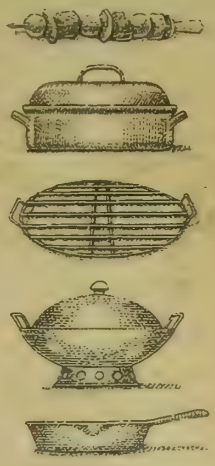


Kikkoman Soy Sauce is brewed much the same as a premium beer.









Whatever you cook and however you cook it, Kikkoman has a sauce to surprise even the most jaded of palates.

K I K K O M A N







Summer Harvest

TARRAGON BEAN SALAD

Make this a few hours before serving to keep the beans at their brightest—

Fresh garden choice: Derby, Vernandon Haricot Verts, or Dragon Tongue beans; Dona tomatoes.

3 cups snap beans (green *and/or* yellow) bias-sliced into 1½-inch lengths
2 Tbsp. vinegar
2 Tbsp. salad oil
1 shallot, finely chopped
2 tsp. snipped fresh tarragon *or* ¼ tsp. dried tarragon, crushed
1 tsp. sugar
½ tsp. dry mustard
¼ tsp. salt
1 15-oz. can garbanzo beans, drained
1 medium tomato, coarsely chopped

● **Place a steamer basket** in a saucepan; add water till it almost touches bottom of steamer basket. Add beans and steam for 18 to 22 minutes or till crisp-tender; drain.

● **Meanwhile, for dressing,** in a screw-top jar combine vinegar, salad oil, shallot, tarragon, sugar, mustard, and salt. Cover and shake well to mix.

● **In a salad bowl combine** cooked beans, garbanzo beans, and tomato. Add dressing; toss gently to coat. Cover and chill about 4 hours, stirring once. Serve with a slotted spoon. Makes 4 side-dish servings.

Microwave directions: Prepare as directed, except in a 1½-quart microwave-safe casserole combine beans and 2 tablespoons *water*. Microcook, covered, on 100% power (high) for 13 to 15 minutes (low-wattage oven: 18 to 20 minutes) or till crisp-tender, stirring once. Continue as directed.

Nutrition information per serving: *215 cal., 8 g pro., 28 g carbo., 9 g fat, 0 mg chol., 146 mg sodium, 468 mg potassium, and 7 g dietary fiber. U.S. RDA: 10% vit. A, 34% vit. C, 17% thiamine, 12% riboflavin, 19% iron.*

GARDEN VEGETABLE PASTA TOSS

Be sure to wash your hands after handling the fresh chili pepper to rinse away irritating oils—

Fresh garden choice: Vernandon Haricots Verts or Derby beans; Varna leeks; Sundrop squash; Super Cayenne peppers.

4 oz. fusilli, fettuccine, *or* linguine, broken in half
⅓ cup dry white wine
Nonstick spray coating
1½ cups carrots cut into 2-inch-long strips
1½ cups snap beans diagonally cut into 2-inch lengths
½ cup sliced leeks (½ inch thick)
1 Tbsp. snipped fresh basil *or* ½ tsp. dried basil, crushed
1 Tbsp. snipped fresh dill *or* ½ tsp. dried dillweed
1 clove garlic, minced
1½ cups yellow summer squash cut into 2-inch-long strips
1 fresh red cayenne chili pepper, seeded and finely chopped (½ tsp.), *or* ⅛ tsp. ground red pepper
½ cup finely shredded asiago *or* Parmesan cheese
Fresh red cayenne chili peppers (optional)

● **Cook pasta** according to package directions. Meanwhile, combine wine, ¼ teaspoon *salt*, and ground red pepper (if using); set aside. Spray a wok with nonstick spray coating; heat over medium heat. Add carrots, beans, leeks, basil, dill, and garlic. Stir-fry for 3 minutes.

● **Add squash, fresh red pepper** (if using), and 2 tablespoons *water*. Cover; cook for 5 to 6 minutes more or till vegetables are crisp-tender. Drain pasta; add to vegetables. Drizzle with wine mixture. Toss gently. Transfer to a serving platter. Sprinkle with cheese. Garnish with additional red peppers. Makes 6 side-dish servings.

Nutrition information per serving: *149 cal., 7 g pro., 24 g carbo., 3 g fat, 5 mg chol., 246 mg sodium, 256 mg potassium, and 3 g dietary fiber. U.S. RDA: 125% vit. A, 17% vit. C, 17% calcium.*

GREEN BEAN BUNDLES IN SWEET PEPPER SAUCE

Fresh garden choice: Varna leeks; Vernandon Haricots Verts or Derby beans; Codice and Quadrato D'Oro peppers.

3 medium leeks (12 oz.)
40 snap beans (about 12 oz.)
2 Tbsp. olive oil *or* cooking oil
¾ cup dry white wine
2 Tbsp. snipped fresh basil *or* oregano
½ tsp. salt
4 large red sweet peppers, cored, seeded, and chopped (about 4 cups)
2 large yellow sweet peppers, cored, seeded, and chopped (about 2 cups)
Fresh basil *or* oregano sprigs (optional)

● **Rinse leeks** thoroughly under running water. Trim root and leaves from leek, carefully separating 1 leaf (about 2 inches wide) from remaining leaves. In a large skillet cook leaf, uncovered, in boiling water about 1 minute or till tender and bright green. Remove leaf; drain on paper towels. When cool, cut leaf lengthwise into ¼-inch-wide strips.

● **For bean bundles,** trim ends and strings from beans. Gather beans into bunches of 5. Carefully tie each bundle with a cooled leek leaf strip. If necessary, trim ends of leek strip. Place bean bundles in a steamer basket. Steam over boiling water for 15 to 20 minutes or till beans are tender. Season with salt and pepper.

● **Meanwhile, for sauce,** chop white part of leek (should have about 1 cup). In the same large skillet cook chopped leek in *1 tablespoon* of the hot oil about 5 minutes or till tender. Add the white wine, snipped basil or oregano, and salt. Reduce heat; cook about 3 minutes or till most of the liquid has evaporated; set aside.

● **In another skillet,** cook red pepper in *1 tablespoon* of the oil about 10 minutes or till tender. Remove red pepper, reserving oil in skillet. In reserved oil cook yellow pepper about 6 minutes or till tender.

● **In a blender container** or food processor bowl combine red pepper and *⅔ cup* of the wine mixture. Cover and blend or process till smooth; set aside. In clean blender container combine yellow pepper and remaining wine mixture; cover and blend or process till smooth. Serve sauce warm or at room temperature with bundles. Garnish with additional basil, if desired. Makes 4 side-dish servings.

continued on page 114



You'll flip over our new mustard.

There's no mistake about it. Lawry's® new Golden Dijon Mustard comes in an upside-down bottle. So convenient, just squeeze it on. So delicious, it's a perfect blending of tangy Dijon and mild yellow mustards. With just the right flavor to brighten your favorite foods.

Treat yourself to Lawry's Golden Dijon. And see how we're turning the flavor of mustard upside down.

©1990 Lawry's Foods, Inc.



continued from page 112

Microwave directions: Prepare as directed, *except* in a 1½-quart microwave-safe casserole combine beans and 2 tablespoons *water*. Micro-cook, covered, on 100% power (high) for 13 to 15 minutes (low-wattage oven: 18 to 20 minutes) or till crisp-tender, stirring once.

Nutrition information per serving: *96 cal., 2 g pro., 13 g carbo., 4 g fat, 0 mg chol., 145 mg sodium, 324 potassium, and 3 g dietary fiber.*

MICROWAVE NOTE

Our microwave recipes are tested in a variety of microwave ovens, including high-wattage (600 to 700 watts) and low-wattage (400 to 500 watts) ovens. If low-wattage cooking times differ from the high-wattage times, they appear in parentheses.

SPECIALTY EQUIPMENT

To order, see page 147.

- ***Tart pan***
- ***BH&G® Microwave Vegetables cookbook***

NUTRITION INFORMATION

HOW TO MAKE IT WORK

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of each serving and the amount in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.
- Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)
- When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

- We omit optional ingredients from the nutrition analysis.
- When ingredient options appear in a recipe (i.e. margarine *or* butter), we use the first one mentioned for the analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed.

DAILY GUIDELINES

- Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 23 to 50 years old (in general moderately active males and teenagers need more calories):

Calories—2,000
Protein—50 grams
Fat—no more than 67 grams
Cholesterol—no more than 300 milligrams
Sodium—500 to 3,000 milligrams
Fiber—20 to 30 grams

- Aim for a balanced diet overall, keeping your fat intake to 30% or less of your total daily calories. (One gram fat = 9 calories.)

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

Brownies and Bar Cookies

● **Brownie mix** fix-ups kids can make ● **Fruit bars** using fresh, canned, or frozen fruit ● **Rich and luscious brownies** with one-of-a-kind taste ● **Totable bars,** easy to pack for snacks and bag lunches

Brunch and Breakfast Ideas

● **Lightened omelets and egg casseroles** with less cholesterol and fat ● **Quick-fix breakfasts** for weekday mornings ● **Pancakes and waffles** with unique flavor combinations or with homemade syrups ● **Make-ahead brunch foods** for entertaining.

WINNERS IN THIS ISSUE

$200 Winners

Millie Breaux, Galliano, La.
Virginia Frontiero, Gloucester, Mass.

$100 Winners

Ellen Burr, Truro, Mass.
Susan Lutton, Annandale, Va.

Honor Roll Winners

Jan Beima, Crystal Lake, Ill.; Roxanne E. Chan, Albany, Calif.; Dorothy DeWyze, Palatine, Ill.; Leslie E. Sieburth-Mackey, Monroe, Ga.; Mrs. Eunice M. Schonhardt, Edina, Minn.; Mrs. Janet Way, Medford, Oreg.

CONTEST RULES

Clearly type or print your name, address, and recipe marked "February Brownies and Bar Cookies" or "February Brunch and Breakfast Ideas." **2.** Specify brand names of foods you use. **3.** Include 50 to 100 words about origin of recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and your hometown in any manner for as long as we wish. **5.** All entries must be postmarked by midnight, July 31, 1990. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address recipes you enter to "February Brownies and Bar Cookies" or "February Brunch and Breakfast Ideas," 9102 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of Meredith Corporation. BHG

SALAD DRESSING SHAKES OFF CHOLESTEROL



Let us tell you why salads are bowled over by the light, fruity taste of Heinz Vinegar.

First, Heinz Apple Cider Vinegar is made with crisp, ripe apples. Then it's double-filter purified for a clean, fresh taste. Best of all, it has no cholesterol. And no salt. So, dress up your next salad without cholesterol. With any variety of Heinz Vinegar. Instead.

Heinz

©1990, H.J. Heinz Co.

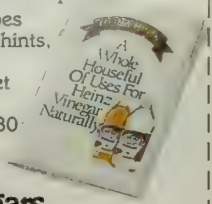
DILL ONION VINAIGRETTE

1/2 cup vegetable oil
1/3 cup Heinz Apple Cider Vinegar
2 tablespoons chopped green onions
1 teaspoon dried dill weed
1/2 teaspoon salt
1/2 teaspoon dry mustard

Combine ingredients in jar. Cover; shake vigorously. Chill to blend flavors. Shake again before serving with mixed garden salads. Makes about 1 cup.



For more free recipes and Heinz Vinegar hints, write to:
Heinz Hints Booklet
P.O. Box 28D-141
Pittsburgh, PA 15230



Heinz Vinegars.
A Healthy Change of Taste.

MICRO-QUICK SEAFOOD DINNERS

LIGHT IDEAS FOR SUMMER



SCOTT LITTLE

Delicate shrimp with a peppery glaze.

Mock seafood spooned into an edible bowl.

PEPPERED SHRIMP AND VEGETABLES

- **1 lb. fresh *or* frozen shrimp, peeled and deveined**
- **¼ cup water**
- **¼ cup dry white wine**
- **1 Tbsp. cornstarch**
- **1 Tbsp. tomato paste**
- **1 tsp. instant chicken bouillon granules**
- **⅛ tsp. ground black pepper**
- **Dash ground red pepper**
- **1 medium yellow sweet pepper, cut into strips (1 cup)**
- **½ cup green onions, bias-sliced into 1-inch pieces**
- **2 Tbsp. water**
- **1½ cups fresh pea pods**
- **Hot cooked rice**
- **⅓ cup pecan halves**

Thaw shrimp, if frozen. In a small bowl combine the ¼ cup water, wine, cornstarch, tomato paste, bouillon granules, black pepper, and red pepper.

In a 1½-quart microwave-safe casserole combine the yellow pepper, green onions, and 2 tablespoons water. Micro-cook, covered, on 100% power (high) for 2½ to 3½ minutes (low-wattage oven: 3½ to 4½ minutes) or till vegetables are crisp-tender. Add shrimp; cook, covered, on high for 3 to 5 minutes (low-wattage oven: 5 to 7 minutes) or till shrimp turn pink. Drain.

Stir cornstarch mixture; add to shrimp mixture. Cook, uncovered, on high for 2 to 4 minutes or till bubbly, stirring every minute till slightly thickened, then every 30 seconds.

Add pea pods. Cook, uncovered, on high for 2 to 3 minutes or till pea pods are crisp-tender and mixture is heated through, stirring once. Serve over hot cooked rice. Sprinkle with pecans. Makes 4 main-dish servings.

Nutrition information per serving: *302 cal., 18 g pro., 39 g carbo., 7 g fat, 111 mg chol., 362 mg sodium, 414 mg potassium, and 3 g dietary fiber. U.S. RDA: 99% vit. C, 52% thiamine, 28% niacin, 26% iron.*

SEAFOOD-STUFFED ARTICHOKES

For an unstuffed version, serve the warm seafood mixture with cooked and drained (frozen) artichoke hearts atop spinach-lined plates—

- **2 medium artichokes (about 8 oz. each)**
- **2 tsp. lemon juice**
- **¼ cup water**
- **1 1-oz. pkg. hollandaise sauce mix**
- **4 oz. frozen seafood-flavored, salad-style fish, thawed, drained, and chopped (1 cup)**
- **1 cup finely chopped fresh spinach**

Wash artichokes; trim stems and remove loose outer leaves. Cut 1 inch from each top. Snip off sharp leaf tips. Brush cut edges with lemon juice.

In a 2-quart microwave-safe casserole combine artichokes and water. Micro-cook, covered, on 100% power (high) for 6 to 8 minutes or till a leaf pulls out easily. Remove artichokes from dish; cover with foil to keep warm. Wipe casserole with paper towels.

In the same casserole prepare hollandaise sauce according to package microwave directions. Stir in fish and spinach. Cook, covered, on high for 1 to 2 minutes or till heated through.

Using a spoon, remove center leaves and chokes from artichokes; reserve for another use (such as a dip or a salad). Spoon the seafood mixture into the artichoke centers. Serve immediately. Makes 2 main-dish servings.

Nutrition information per serving: *201 cal., 13 g pro., 27 g carbo., 7 g fat, 22 mg chol., 968 mg sodium, 629 mg potassium, and 10 g dietary fiber. U.S. RDA: 40% vit. A, 37% vit. C, 13% thiamine, 20% riboflavin, 11% niacin, 15% calcium, 16% iron.*


Zingle serving.
p-A-Pack cups.
vidual servings
of Cheez Whiz
ess cheese spread
you microwave
hot, tangy cheese
sauce in seconds.
Zap one and
add zing to
anything.
Zap-A-Pack.
To Add
A Little Zing
Just Zap It.
KRAFT
Cheez Whiz
ZAP-A-PACK
4
Microwave Cups
KRAFT
Cheez Whiz



Once you've discovered Claussen, you'll never come in from the cold.

Cold, crisp Claussen® pickles are quite a find. You see, most pickles are cooked and sit for months on a warm shelf somewhere. But cold Claussen pickles are never cooked.



Instead, they're packed garden fresh and then stored quite cold. So go looking for these cold gems. Of course, you'll find them only in the refrigerated section.

COLD, CRISP CLAUSSEN.®

claussen®

© 1990 Claussen Pic

WIN MONEY FOR YOUR RECIPES
See Page 115 For Details.

PRIZE TESTED RECIPES®

Best Blueberry Desserts

File under Desserts
July, 1990



$200 WINNER *Virginia Frontiero, Gloucester, Mass.*

BLUEBERRY-RICOTTA SQUARES

These fresh blueberry bars combine delicious cake and cheesecake layers for the best of both desserts—

- **1 cup all-purpose flour**
- **¾ cup sugar**
- **1¼ tsp. baking powder**
- **¼ tsp. salt**
- **⅓ cup milk**
- **¼ cup shortening**
- **1 egg**
- **½ tsp. vanilla**
- **1½ cups fresh *or* frozen blueberries, partially thawed**
- **2 eggs**
- **1¼ cups ricotta cheese**
- **⅓ cup sugar**
- **¼ tsp. vanilla**

In a small mixer bowl combine the flour, the ¾ cup sugar, baking powder, and salt. Add the milk, shortening, the 1 egg, and the ½ teaspoon vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for 1 minute. Pour batter into a greased 9x9x2-inch baking pan; spread evenly. Sprinkle blueberries over batter.

In a medium mixing bowl lightly beat the 2 eggs with a fork. Add ricotta cheese, the ⅓ cup sugar, and the ¼ teaspoon vanilla; beat till combined. Spoon ricotta mixture over blueberries and spread evenly. Bake in a 350° oven for 55 to 60 minutes or till a knife inserted near the center comes out clean. Cool. Cut into 16 squares. Store bars, covered, in the refrigerator. Makes 16 servings.

Nutrition information per serving: *167 cal., 4 g pro., 22 g carbo., 7 g fat, 50 mg chol.,*

Punch along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

Special Burgers

File under Meat or Poultry
July, 1990



$200 WINNER *Millie Breaux, Galliano, La.*

CAJUN TURKEY BURGERS

Millie, a Louisiana Cajun herself, created these zesty burgers to satisfy her family's love for spicy food. She wraps the burgers in bacon for a savory, smoky flavor—

- **1 beaten egg**
- **1 Tbsp. Worcestershire sauce**
- **½ tsp. salt**
- **½ tsp. garlic powder**
- **½ tsp. onion powder**
- **½ tsp. ground red pepper**
- **½ cup seasoned fine dry bread crumbs**
- **1 lb. ground turkey**
- **6 slices bacon**

In a large mixing bowl combine egg, Worcestershire sauce, salt, garlic powder, onion powder, and red pepper. Add bread crumbs and turkey; mix well. Shape turkey mixture into six ¾-inch-thick patties. Wrap a strip of bacon around outside of each patty; fasten with wooden toothpick. Place patties on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 15 to 18 minutes or till no pink remains and bacon is done, turning once. Remove toothpicks before serving. Serve on buns and top with tomato slices and chili peppers, if desired. Makes 6 servings.

Nutrition information per serving: *301 cal., 27 g pro., 11 g carbo., 16 g fat, 80 mg chol., 716 mg sodium, 277 mg potassium, and 1 g dietary fiber. U.S. RDA: 18% thiamine, 25% riboflavin, 48% niacin, and 12% iron.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens® cookbooks! The

PRIZE TESTED RECIPES®

Special Burgers

File under Meat or Poultry
July, 1990



$100 WINNER *Ellen Burr, Truro, Mass.*

FETA-STUFFED PITA BURGERS

Ellen uses a lamb-beef combination in these burgers for more flavor—

- **3 Tbsp. milk**
- **2 Tbsp. cornmeal**
- **1 Tbsp. finely chopped onion**
- **1 clove garlic, minced**
- **¼ tsp. dried oregano, crushed**
- **⅛ tsp. lemon pepper seasoning**
- **½ lb. lean ground lamb**
- **½ lb. lean ground beef**
- **⅓ cup finely crumbled feta cheese**
- **1 tsp. ouzo liqueur (optional)**
- **¼ tsp. ground cumin**
- **¼ tsp. ground red pepper**
- **2 large pita bread rounds, split**
- **2 cups shredded spinach**

In a bowl combine *2 tablespoons* of the milk, cornmeal, onion, garlic, oregano, lemon pepper, and ¼ teaspoon *salt.* Add meats; mix well. Shape into eight ¼-inch-thick patties. Combine feta, remaining milk, and ouzo. Place *1 tablespoon* feta mixture in centers of 4 patties. Top with remaining patties; press edges to seal. Combine cumin and red pepper; sprinkle onto patties. Grill burgers, on an uncovered grill, directly over *medium-hot* coals for 7 minutes. Turn and grill for 6 to 8 minutes more for medium doneness; serve in pitas with spinach. Serves 4.

Nutrition information per serving: *334 cal., 31 g pro., 22 g carbo., 13 g fat, 93 mg chol., 384 mg sodium, 500 mg potassium, 2 g dietary fiber. U.S. RDA: 31% vit. A.*

Buying information, page 129.

PRIZE TESTED RECIPES®

Best Blueberry Desserts

File under Desserts
July, 1990



$100 WINNER *Susan Lutton, Annandale, Va.*

BLUEBERRY-RHUBARB CRUMBLE

Susan remembers picking fresh berries as a child for this old-fashioned fruit crumble recipe, given to Susan by her grandmother—

- **3 cups fresh *or* frozen blueberries**
- **2 cups fresh rhubarb, cut into 1-inch pieces *or* 2 cups frozen cut rhubarb**
- **1½ cups rolled oats**
- **⅔ cup packed brown sugar**
- **½ cup all-purpose flour**
- **½ cup margarine *or* butter**
- **½ cup sugar**
- **2 Tbsp. all-purpose flour**
- **Whipped cream**

Thaw fruit, if frozen. Do not drain. For crust, in a large mixing bowl combine the oats, brown sugar, and the ½ cup flour. With a pastry cutter or fork, cut margarine or butter into oat mixture till mixture resembles coarse crumbs. Reserve ⅔ cup crumb mixture for topping. Pat remaining crumb mixture into the bottom of a greased 9x9x2-inch baking pan. Bake in a 350° oven for 10 to 15 minutes or till light brown.

Meanwhile, for filling, in a large mixing bowl combine the blueberries and the rhubarb. Add the sugar and the 2 tablespoons flour; toss to coat well. Spoon atop baked crust. Sprinkle with reserved crumb mixture. Bake in a 350° oven for 45 to 50 minutes or till golden. Serve warm with whipped cream. Makes 6 servings.

Nutrition information per serving: *535 cal., 6 g pro., 77 g carbo., 24 g fat, 27 mg chol., 204 mg sodium, 373 mg potassium, and 6 g dietary fiber. U.S. RDA: 36% vit. A, 22% vit. C, 28% thiamine, 14% riboflavin, 10% niacin, 14% calcium, 12% iron.*

Photographs: Scott Little

Clip along here and file punched pages in your *New Cook Book*


CREAM DE MINT
Cool Whip
Extra Creamy
ONLY 14 CALORIES
LESS FAT
Cool Whip® Extra Creamy.
The cream of whipped topping.
© 1990 Kraft General Foods, Inc.

PLUM-GOOD DESSERTS

Two Summer Favorites—Plums and Ice Cream



Plum-Citrus Frozen Yogurt *(left)* and Rosy Plum Sauce spooned over ice cream *(right)*.

SCOTT LITTLE

PLUM TIPS

- To pick the best plums, look for firm fruit with slightly soft tips. If the plums aren't fully ripe, ripen them at room temperature, then refrigerate. Use the plums in 3 to 5 days.
- One pound of plums equals 5 or 6 whole medium plums, 3 cups when quartered, 2½ cups when sliced, or 2 cups when diced or puréed.
- When you serve cut-up fresh plums, brush the cut edges with lemon juice to prevent darkening.
- To freeze: brush halved, pitted plums with lemon juice. Spread halves, cut side down, on a baking sheet. Freeze till firm. Pack in freezer containers. Store for up to 8 months.

PLUM-CITRUS FROZEN YOGURT

This easy-to-make dessert packs lots of sweet plum flavor. For homemade frozen yogurt with a pink blush, pick red-skinned plums, such as Santa Rosa or Red Beaut—

- ⅔ cup sugar
- 1 envelope unflavored gelatin
- 1½ cups milk
- 1 8-oz. carton orange low-fat yogurt
- 1 tsp. vanilla
- 5 or 6 fresh plums, pitted and quartered (about 3 cups)

In a small saucepan stir together the sugar and gelatin. Stir in milk; cook and stir over low heat till gelatin is dissolved. Remove from heat; stir in yogurt and vanilla.

In a blender container combine plum pieces and gelatin mixture; cover and blend till nearly smooth. Pour the mixture into a 9x9x2-inch pan. Cover and freeze about 4 hours or till almost firm.

Break the frozen plum mixture into chunks. Transfer the chunks to a chilled large mixer bowl. Beat with an electric mixer on medium speed till smooth but not melted. Return quickly to the cold pan. Cover and freeze about 3 hours or till firm.

Before serving, let frozen yogurt stand at room temperature about 10 to 15 minutes to soften. Scoop to serve. Makes 6 to 8 servings.

Nutrition information per serving: *205 cal., 5 g pro., 43 g carbo., 2 g fat, 7 mg chol., 53 mg sodium, 311 mg potassium, and 2 g dietary fiber. U.S. RDA: 15% vit. C, 20% riboflavin, 17% calcium.*

ROSY PLUM SAUCE

For a plum parfait, layer the cooled plum sauce with granola and vanilla ice cream, yogurt, or pudding—

- ¼ cup sugar
- 1 tsp. cornstarch
- 5 or 6 fresh plums, pitted and sliced (2½ cups)
- 2 Tbsp. water
- Vanilla ice cream
- Plum wedges

In a medium saucepan combine the sugar and cornstarch. Stir in the sliced plums and water. Bring to boiling, stirring occasionally. Reduce heat and simmer sauce, covered, for 6 to 8 minutes or till of desired consistency.

Cool the sauce slightly. Serve warm sauce over vanilla ice cream and top with fresh plum wedges. Or, make parfaits by layering sauce and ice cream. Makes 2 cups sauce (6 to 8 servings).

Nutrition information per serving with ½ cup ice cream: *219 cal., 3 g pro., 37 g carbo., 8 g fat, 30 mg chol., 59 mg sodium, 290 mg potassium, and 2 g dietary fiber. U.S. RDA: 12% vit. A, 15% vit. C, 21% riboflavin, 11% calcium.*

Salads dress up for Best Foods.

Best Foods makes the foods you love taste even better.





Creamy Italian



Creamy French



Creamy Ranch

CREAMY ITALIAN DRESSING

BEST FOODS®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon dried oregano

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

CREAMY DILL DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons lemon juice
2 teaspoons dried dill weed

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

CREAMY DIJON DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
3 tablespoons Dijon mustard
1 tablespoon lemon juice
¼ teaspoon sugar

Combine all ingredients; stir until smooth. Cover; chill. Makes 1⅓ cups.

CREAMY FRENCH DRESSING

BEST FOODS®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup ketchup
2 tablespoons cider vinegar

Combine all ingredients; stir until smooth. Cover; chill. Makes 1½ cups.

CREAMY THOUSAND ISLAND DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
⅓ cup chili sauce
3 tablespoons sweet pickle relish

Combine all ingredients; stir until smooth. Cover; chill. Makes 1½ cups.

CREAMY GARLIC DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
⅓ cup milk
2 tablespoons cider vinegar
2 tablespoons chopped green onion
2 cloves garlic, minced

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

CREAMY RANCH DRESSING

BEST FOODS®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup sour cream
¼ cup milk
1 tablespoon dried parsley
1 teaspoon garlic powder
1 teaspoon onion powder

Combine all ingredients; stir until smooth. Cover; chill. Makes 1⅔ cups.

CREAMY MEXICAN DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup prepared chunky salsa

Combine all ingredients; stir until smooth. Cover; chill. Makes 2 cups.

CREAMY PARMESAN DRESSING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup milk
2 tablespoons cider vinegar
2 tablespoons Parmesan cheese

Combine all ingredients; stir until smooth. Cover; chill. Makes 1¼ cups.

Creamy Caesar Dressing: Add 2 to 4 anchovies, mashed.

Food loves Best Foods



Bring out the Best Foods and bring out the best.

© 1990 Best Foods, CPC International

DO IT UP BRIGHT FOR BABY

Colorful Furnishings for the Nursery

BY REBECCA JERDEE

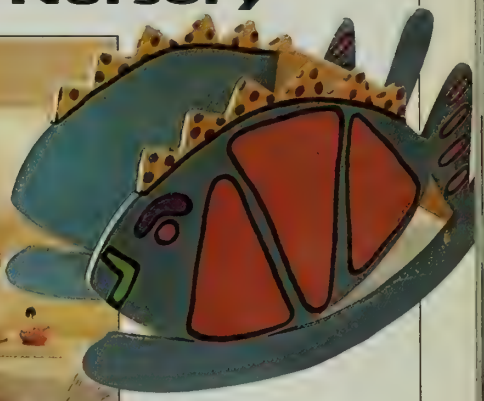


Fill a child's brave new world with comfort, care, and color.

FOREVER-FAVORITE PRIMARIES
Yellow is the first color babies see, but red is the one they love most. Light the nursery with a red, yellow, and blue lamp. $110. *Gear for Ainsley Lamps,* 718/366-5400.



BLACK AND WHITE PATTERNS
Fill a white crib with "Puppy Love" bedding. Crib (about $275): *Tracers Furniture, Inc.,* 914/381-5777. Mobile, bedding: *Noel Joanna, Inc.,* 800/854-8760; in California, 714/858-9717.



BABY BRIGHTS
Year-old infants zero in on bright colors. They won't be able to resist climbing into this brilliantly hand-painted rocker. $275. *Squiggles and Dots,* 800/937-KIDS.

NURTURING PASTELS
For an air of light repose, paint baby's walls with the newest colors on the nursery palette: periwinkle blue and lemon sherbet.



NEON LIGHTS
As newborn eyes develop in the first year, they see color. Neon-bright dolls in a rocker help young eyes focus. $59. *Tyke-Hike™,* 800/533-8953.



Bring the beauty of the world in.

Don't lock out the world's spacious beauty and openness. Let it come in and brighten your home naturally with windows made with *Sungate*® coated low-E glass from PPG. Just mail in the coupon below and PPG will send you a free brochure on how windows made with *Sungate* coated glass can help make your home more beautiful, comfortable and energy-efficient. All year 'round. For more information, just call 1-800-2-GET-PPG for the dealer nearest you.

THE INTELLIGENT WINDOW SUNGATE

Just by clipping this out.

NAME

STREET

CITY

STATE ZIP

Send to: PPG Industries, Inc., Glass Group, Dept. SC449, P.O. Box 16012, Pittsburgh, PA 15242.

Sungate® and *The Intelligent Window*® are registered trademarks of PPG Industries, Inc

CUTTING CONCRETE

USING THE RIGHT BLADE THE RIGHT WAY



PHOTOGRAPHS: JIM KASCOUTAS

Tough-cutting concrete saw blades will fit most circular saws.



Silicon dioxide (above) and diamond dust blades differ in price and performance.

When your remodeling runs into a concrete barrier, just slap a masonry blade on your circular saw, strap on a dust mask, and slice away—but slowly. Here's how.

THE IMPOSSIBLE MADE EASY

If you own a circular saw, you can cut through concrete. It's as simple as that. The secret is in the blades. Concrete and masonry saw blades that attach to circular saws are available at most hardware stores or home centers.

Around the home, concrete saw blades can be used to enlarge openings in concrete block walls, trim bricks and concrete blocks to odd sizes, and remove or repair sections of sidewalks, brick walls, or stucco.

PRICE AND LONGEVITY

There are two types of concrete saw blades. Silicon carbide blades wear out quickly, but cost only about $3. A 7-inch blade will cut a line about 37 feet long in concrete at a depth of 1 inch. In terms of practical projects, this is roughly equivalent to trimming 27 concrete blocks (cutting on both sides). Keep in mind that while the blade wears out, it's rapidly getting smaller.

For longevity, blades embedded with diamond dust (rather than silicon carbide) will last 50 to 100 times longer, but they cost $120 to $150 per blade. These are most often used by contractors with special saws.

On your circular saw, concrete and masonry blades will cut up to 3 inches deep—but not all the way through a poured concrete wall. This job is best left to a professional contractor with a specialized saw.

While cutting, if your blade suddenly emits a sharp, high-pitched, pinging sound, you've probably hit a steel reinforcing bar. Change to a metal-cutting blade and sever the reinforcing bar.

WATCH THAT DUST

Concrete blades produce a torrent of harsh, abrasive dust. Wear eye protection, a dust mask, gloves, and long sleeves. Also be sure to clean your saw inside and out, when finished.



Why You Won't Find Our Turkey In Your Grocer's Freezer.

Because our turkey is fresh, it naturally belongs in your grocer's fresh meat case. And because our turkey is so wonderful to cook with, it naturally belongs in your shopping cart. So look for our boneless, pre-cut Breast Roasts, Breast Tenderloins, Breast Slices or Ground Turkey and find out just how delicious fresh turkey can be.

Glazed Raspberry Orange Turkey

1 pkg. (about 2 lb.) TURKEY STORE™ Fresh Turkey Breast Roast
1 tsp. ground sage
½ tsp. thyme leaves
½ tsp. pepper
½ tsp. salt (optional)
1 tsp. grated orange peel
1 c. orange juice
2 c. fresh or frozen raspberries or cranberries (unthawed)
⅓ c. sugar

Heat oven to 350°F. In 9 x 9-inch or 11 x 7-inch shallow baking pan, place turkey breast roast. Pour orange juice over turkey; sprinkle with sage, thyme, pepper, salt and orange peel. Bake, basting occasionally, for 1 hour and 20 minutes. Combine raspberries and sugar. Place around turkey breast. Continue baking for 10 to 15 minutes or until thermometer pops up. Let stand 10 minutes before slicing. 8 servings.

Nutrition Information Per Serving (1/8 of recipe)—Calories 177, Protein 26 g, Carbohydrate 15 g, Fat .88 g, Cholesterol 71 mg, Sodium 178 mg.

For a Turkey Store Cookbook, send $2.95 with your address to PO Box 1041-02, Loretto, MN 55306

© 1990 Jerome Foods, Inc



A HALL THAT SOARS

LOOK TO WINDOWS FOR STYLE, DRAMA, AND DAYLIGHT

BY SUSAN SOUDER



The new wing complements the restyled entry.

Hallways are usually a home's plain-vanilla spaces. Architect Tobin Daugherty shows you how architectural style can make them rich visual treats you'll savor.

Designing a new bedroom wing on sloping terrain was challenge enough for Daugherty. He fashioned a semi-split-level structure a half flight up and down from the home's existing levels.

His pièce de résistance, however, was the wing's hallways. Two courses of windows and a row of skylights along the hallways beam light into usually dark spaces, creating inviting passageways to the bedrooms. Upstairs, a softly curving half wall delineates the cantilevered hallway without cutting off the light and opens the levels to each other. The undulating wall also softens the rectangular space.

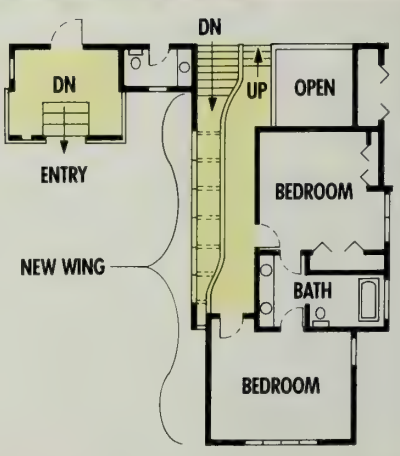


▲ Windows and skylights bathe even the lower hallway with daylight.



◀ The upper hallway's curved half wall softens the oblong space.

▶ A two-level hallway merges the new wing and the main house near the entry.



Architect: Tobin T. Daugherty. Interior design: Jo Beresford
Photographs: Laurie Black and Roslyn Banish, ARX
Illustration: Mike Henry. Regional editor: Barbara Cathcart

PEEK INSIDE MY PERSONAL DIARY!

Officially authorized by creator Jim Davis



The
GARFIELD
Collector Plate

The Charming Cat

numbered limited first edition
shly decorated with 23kt gold.

FIELD...just the mention of his e is enough to make you smile. beloved pot-bellied orange cat is miliar to most Americans as Santa s. Now you can bring GARFIELD your home on a delightful new col- r plate issued exclusively by the bury Mint.

Charming Cat" is a delightful e which only Jim Davis could cap- with such extraordinary appeal charm. A wide-eyed GARFIELD rds the events of another exciting in his diary. Today was particularly norable, because he met someone ly familiar...and very attractive! egins his inscription: "Dear y... I met a charming cat in the mir- his morning."

Limited First Edition Lavishly Decorated with 23kt Gold

ive America's best-loved cat a fit- showcase, the plate will be deco- d with two bands of precious 23kt d. The "Dear Diary" inscription will appear in gleaming gold, as will RFIELD's personal seal of approval is famous pawprints!

r plate will be serially numbered accompanied by a personalized tificate of Authenticity attesting to eing produced within the edition of 14 firing days.

No Obligation — No Risk

"The Charming Cat" is your first plate in a new series called GARFIELD'S DIARY. Each issue will feature a Jim Davis work which has never before appeared on a collector plate. With each plate, you'll get a peek inside GARFIELD's secret diary. You'll share his innermost thoughts about eating, sleeping, avoiding exercise, and much more!

When you acquire "The Charming Cat" you will have the option — *but not the obligation* — to collect all subsequent plates in this exclusive series...decorated just like this plate! Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

Everyone loves GARFIELD! And we expect the demand for "The Charming Cat" to be *particularly* high since it is a first edition *and* the first work from Jim Davis' popular GARFIELD'S DIARY series to become available on a collector plate. Serial numbers will be assigned as orders are received, so send in yours today!

Shown smaller than actual size of 8¼" in diameter.

the Danbury Mint

GARFIELD: © 1978 United Feature Syndicate, Inc.

GFP 07

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Reply by August 31, 1990

Limit: two plates per collector

Please accept my reservation for "The Charming Cat" as described in this announcement. I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will be billed for "The Charming Cat" at the issue price of $24.95.* If I am not satisfied, I may return my plate within 30 days for a replacement or refund.

☐ Check here if you wish to charge your payment to your:
☐ MasterCard ☐ VISA ☐ American Express

Account No.: _____

Exp. Date: _____

Signature: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Name to Print on Certificate (if different from above):

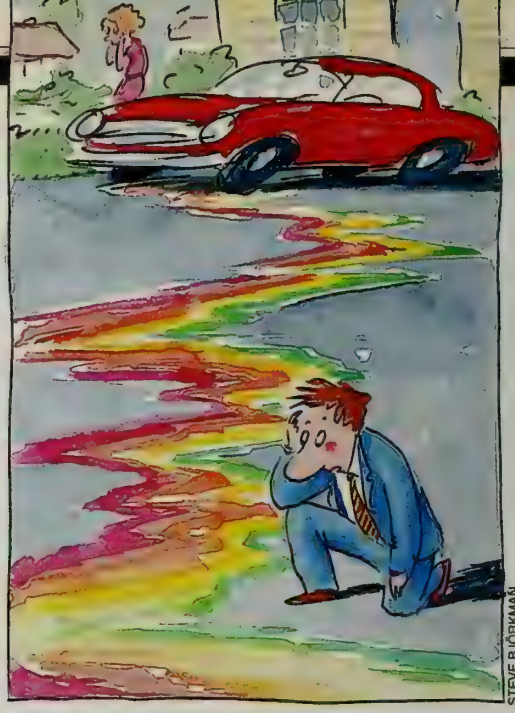
_____

Please allow 8 to 12 weeks after payment for shipment.
*Plus any applicable sales tax and $2.95 shipping and handling.

TELLTALE LEAKS

Auto Warning Signs And What to Do

BY GARY VINEYARD



Ever wondered about those mysterious puddles in your driveway?

Don't ignore them.

Like your body's fluids, car fluids serve to lubricate, cool, and protect. When the engine oil, the coolant/antifreeze, or the transmission, brake, and power-steering fluids leak, you may be risking serious damage to the car—and your family's safety.

Make it routine. Get in the habit of glancing under your car for leaks in the morning and whenever you drive and park the car. Also watch closely for unusual leaks for a few days after you have any repair or maintenance work done that affects the fluids in your car.

Use the following visual signs as early warnings. *Don't* let them substitute for good maintenance or regular inspection and service. Amounts are what you might expect daily. "A small amount" means about a tablespoon; "moderate" is a quarter cup or so; "a large amount," greater than a half cup.

Black or dark brown fluids, most likely engine oil, usually are found under the engine. It is not unusual for an engine to leak a small amount of oil over a period of time. If you always park in the same spot and notice a collection of little leaks, don't worry.

Should you begin to see moderate puddles, have the problem diagnosed and repaired. *Tip:* Make sure the mechanic checks the valve-cover gasket—most often the cause of what can seem to be a serious leak—before looking for more costly problems.

With a rear-wheel-drive car, a black or dark-brown stain toward the rear may mean a leaking rear end. It's a rare problem, but have a mechanic check it.

Bright green or bright yellow fluids probably indicate radiator coolant or antifreeze leaking from the cooling system. The fluid both cools the engine and keeps it from freezing, so telltale signs will usually be in the vicinity of the engine. Most rear-mounted engines are air-cooled, with no coolant to leak.

Should you spot even a moderate amount under your car, have the radiator level checked immediately. You could save the engine. *Warning:* Get someone at a service station to check the radiator if the engine is hot or warm. You might risk a severe burn.

In some cases, the radiator-fluid level always runs low even though there are no leaks under the car. If so, check for wet spots on the front floorboard under the glove compartment or down the inside of the fire wall on the passenger's side. Moisture there could indicate a heater core problem.

Rusty or orange liquid in the same area as the coolant probably means that there is rusty water in your cooling system. Don't delay in getting this problem fixed by a professional, and be vigilant about future maintenance. Change the coolant or antifreeze at least once a year—more, if you're a high-mileage driver—and have the system flushed completely.

Red or pink fluid on rear-wheel-drive cars that leaks under the center of the car probably comes from the automatic transmission. A small amount is really nothing to worry about; should you find more than a little, consult a mechanic.

With front-wheel-drive cars, red or pink fluid that appears toward the front of the car may or may not come from the transmission. More than a small amount should send you to a mechanic. *Tip:* If you are told that the transmission needs extensive repair or replacement, get a second and even a third opinion, with written estimates. You could save more than $1,000.

Red, pink, or clear fluid, oily to the touch and usually found on the driver's side toward the front bumper, is probably power-steering fluid. The colors may vary with the car, but the location is usually consistent. Check the level, and add fluid as needed.

Some power-steering fluid is clear. If that's what you spot in this location, it could be brake fluid instead. To tell the difference, put a bit of the fluid on your finger, and add water. Power-steering fluid will remain oily and won't wash away. Brake fluid, on the other hand, will wash away. It's best to get a pro to check things out. *Warning:* Never interchange brake fluid with any type of petroleum product; you risk extensive damage and possible brake failure.

—Automotive free-lance writer Gary Vineyard ran his own auto repair shops for several years in California.

ROUTINE CHECKUPS PAY

Even though gasoline at a pump-it-yourself station is less expensive, buy from a full-service station at least once a month. Get the attendant to check all fluid levels, belts, hoses, and tires. It's a good way to make checkups habit-forming. Tip: Go when you need to buy just a few gallons of gas. Even at 20 cents a gallon more, your full-service checkup won't cost much.



Go Ahead, Walk All Over Us.

What makes us so confident? At Wear-ed® Carpet we go back and forth on that sub- every day. Not just in our test lab, but in 300 nes like yours, all across America. Where we our reputation on the line, putting carpet he toughest test of all: reality. And where s all this "feet-on" research get us? To the stage where we can design carpet fiber that's resistant to matting. Not just stains.

And therein lies the beauty of Wear-Dated Carpet. After all, it's nice to make carpet that looks good on a showroom floor. But it's a lot nicer to make carpet that looks good after years on a living room floor.

WEAR-DATED® CARPET

Call **1-800-322-NEAR** for a Monsanto Wear-Dated Dealer near you. Wear-Dated® is a Registered Trademark of Monsanto Company.



Another reason to get Invisible Fencing.

Give your dog freedom and safety.
Invisible Fencing® is veterinarian approved
and comes with a money-back guarantee.
To learn all the other reasons,
call for a free brochure.

1-800-635-8300

INVISIBLE FENCING®

© 1990 Invisible Fence Company, Inc.

PETS

THE WAR ON FLEAS

HOW TO KEEP YOUR PETS FREE OF PESTS

Fleas and ticks are bound to bother your dog or cat sometime, especially if the pet goes outdoors.

Besides the annoyance, both pests can create serious health problems for your pet—and your family. Fleas carry tapeworms and other parasites, and your pet's scratching can open its skin to bacterial infections. Deer ticks can cause Lyme disease, potentially debilitating for both animals and humans.

You can control fleas and ticks two ways—by prevention and eliminatio Veterinarians recommend differe types of treatment for each.

Prevention. To start, put a good fl collar on your dog or cat. Check dire tions and make a note of when y must replace the collar, normally abo every six months. Collars are especial effective for short-haired pets that li in areas of low infestation.

Long-haired animals, and those th live in places with a lot of fleas a ticks, need extra protection, such as spray or powder. Work the substan deeply into the animal's coat, as close the skin as possible. ***Caution:*** Remo your pet's flea collar when you apply spray or powder. Many of these pro ucts contain some of the same ingre ents as the collar, and the added effe could be toxic, especially to cats.

What about electronic collars, whi emit high-frequency sounds that cau fleas to jump ship? Some experts swe by them, others don't.

Elimination. It's a good bet that fle are making your pet Home Swe Home if your dog suddenly star scratching more than usual and n ping at itself, or if tiny, pearly eggs a pear in your cat's favorite napping sp To eliminate fleas, you must treat thr areas—the pet, the house, and t yard—and repeat each process with seven to 10 days to handle eggs th may hatch after the first treatment.

Special flea shampoos offer cleansi action with no lasting repellent. Di ping, which can be done at home or your veterinarian, doesn't clean t pet, but acts as a repellent for a week two. Sprays and powders are also som what effective as flea killers.

Warning: Always read all label rections and cautions with flea and ti repellents. Never use shampoo and d at the same time, for example. Consu your veterinarian with any question

Numerous sprays, powders, and fo are designed to help rid your home fleas. For the lawn, apply produc yourself with a garden hose, or hire lawn-care service.

Remove any tick on your pet ca fully and completely with tweeze Keep the tick in a plastic box for a f weeks so that you can give your vet t specimen if your pet shows signs Lyme disease. If you notice lamene stiffness and swelling of joints, lo grade fever, or lack of energy, take t animal to a vet immediately.

—By Barbara Hall Pal

BUYING GUIDE

Most of the products shown edially in *Better Homes and Gars* ® magazine can be obtained ally. For more information, ite manufacturers listed. Some vately owned or custom-made ms are omitted from the product ing.

E STYLE

es 8–13: China Blues, "Oceanside"—Water- Wedgwood Retail Store, Dept., BHG, 253 Plaza ntenac, St. Louis, MO 63131, 314/567-0550; lorways"—Lindt-Stymeist, 6231 Hollis St., Emer- , CA 94608; "Normandie"—Loneoak & Co., 1 E. Imperial Highway, Lynwood, CA 90262; nto"—Arzberg, 41 Madison Ave., New York, NY 10; "Laure Japy"—Barneys New York, 106 Sev- Ave., New York, NY.

HE SUNSHINE IN

e 33: Wicker sofa bed—The Wicker Works, Eighth St., San Francisco, CA 94103. **Lounge irs, ottoman**—Kip Stewart Designs, Summit, Box 5, Carmel, CA 93921. **Fabric on sofa bed chairs,**"Cabana Stripe"—Brunschwig & Fils, Third Ave., New York, NY 10022. **Pillow fab-**—Hines, 979 Madison Ave., New York, NY 22. **Spotlights**—Halo Lighting, Div.of Cooper 400 Busse Rd., Elk Grove Village, IL 60007. **or lamp**—Kreiss Collection, 145 W. 134th St., Angeles, CA 90061. **Coffee table, side ta-**—The Minton-Corley Collection, 2903 Shotts Fort Worth, TX 76107. **Plantation shutters**—rwood Shutters, 1977 Placentia Ave., Costa sa, CA 92627. **Area rug**—Rosecore Carpet Co., , 979 Third Ave., New York, NY 10022.

ges 34–35: Stone-top chest—Mimi London Inc., ific Design Center, Suite G168, 8687 Melrose ., Los Angeles, CA 90069. **Floor lamp**—Kreiss lection (address above). **Side tables**—The Min- Corley Collection (address above). **Lounge irs**—Kip Stewart Designs (address above). **ntation shutters**—Heirwood Shutters (address ve). **Area rug**—Rosecore Carpet Co., Inc. (ad- ss above). **Fabric on chairs,** "Cabana Stripe"— nschwig & Fils (address above).

ges 36–37: Spotlights, hanging lights—Halo hting, Div. of Cooper Ind. (address above). **Wick- sofa bed**—The Wicker Works (address above). **ric on sofa bed,** "Cabana Stripe"—Brunschwig Fils (address above). **Pillow fabric**—Hines (ad- ss above). **Bar stools**—Kip Stewart Designs (ad- ss above). **Area rug**—Rosecore Carpet Co., Inc. dress above). **Table, chairs**—The McGuire Co., 01 Bryant St., San Francisco, CA 94103. **Planta- n shutters**—Heirwood Shutters (address above).

ge 38: Table, chairs—The McGuire Co. (address ve). **Bar stools, lounge chairs**—Kip Stewart signs (address above). **Spotlights, hanging hts**—Halo Lighting, Div. of Cooper Ind. (address ve). **Side tables**—The Minton-Corley Collection dress above). **Plantation shutters**—Heirwood utters (address above). **Wicker sofa bed**—The cker Works (address above). **Stone-top chest**— ni London Inc. (address above). **Fabric on cush- s,** "Cabana Stripe"—Brunschwig & Fils (address ve).

ART OF TIMBER FRAME

ge 59: Siding—Western Red Cedar Lumber As- ciation, Yeon Building, 522 S.W. Fifth Ave., Port- d, OR 97204-2122. **Windows**—Hurd Millwork mpany, 520 S. Whelen, Medford, WI 54451. **Exte- r door**—Morgan Products Limited, P.O. Box 2446, Oshkosh, WI 54903-2446. **Exterior wall deck lanterns,** "Morningside"—Heritage Lanterns, 70A Main St., Yarmouth, ME 04096. **Roofing shingles,** "blue hallmark"—CertainTeed Corporation, P.O. Box 860, Valley Forge, PA 19482. **Exterior stain**—Dutch Boy Paint, 101 Prospect Ave., Cleveland, OH 44115. **Landscape deck lights and outdoor lights**—The Toro Company, 5300 Shoreline Blvd., Mound, MN 55463. **Deck**—Season in the Sun, 8410 US 12, Brooklyn, MI 49230. **Stone wall**—Tom Schoen, Landscape Construction, 133 Ablon Rd., Holland, OH 43528. **Wall and roof panels**—North American Panel Systems, Incorporated, Road 1, P.O. Box 56B, Westmoreland, NH 03467. Foam Products Corporation, 2525 Adie Rd., Maryland Heights, MO 63043. Midwest Panel Systems, P.O. Box 38, Blissfield, MI 49228. **Wood foundation**—J.W. Biewer Co., P.O. Box 497, St. Clair, MN 48079.

Pages 60–61: Paint trim, "toast"; **wall,** "silver fox"—Dutch Boy Paint (address above). **Hardwood floors**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Windows**—Hurd Millwork Co. (address above). **Doors and fireplace mantel**—Morgan Products Limited (address above). **Interior lights and carpet on stair landing**—Columbia Interiors, 129 N. Main St., Brooklyn, MI 49230. **Wood stair railing**—Taney Corp., Taneytown, MD 21787-0029. **Fireplace**—TESS, R.R.1, P.O. Box 3, Randolph, VT 05060. **Skylights**—Velux-America, Inc., P.O. Box 3208, Greenwood, SC 29648. **Artwork over fireplace**—Murry Paige, 1145 Sand Lake Highway, Onsted, MI 49265.

Pages 62–63: Kitchen cabinets—Schmidt Cabi-

continued on page 130

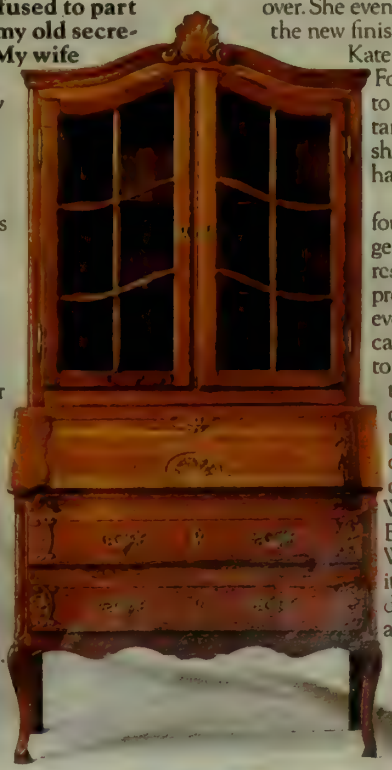
"How Formby's saved my secretary and my marriage."



"I refused to part with my old secretary. My wife Kate was ready to throw us both out. But I was ready with Formby's® Refinisher."

When the Larkins moved to their new house, Kate didn't want to take his secretary. So Barry took out the Formby's Furniture Refinisher. It's the only refinisher that gently removes the finish, then conditions to help prevent drying and cracking.

"The old finish was so dark and cracked it hid the grain. But as I applied the Formby's, the old varnish just dissolved. With no stripping or sanding. Once Kate saw how great the natural oak looked she was won over. She even helped me put on the new finish."



Kate told us, "We used Formby's® Poly Finish to protect our secretary. Its natural beauty shines through the hand-rubbed finish."

As the Larkins found out, it's easy to get extraordinary results from Formby's products. We've got everything for wood care projects from start to refinish, even experts to give you the benefit of our three generations of experience; call 1-800-FORMBYS, or write to Formby's Workshop, Olive Branch, MS 38654. With Formby's, doing it yourself doesn't mean doing it alone.



©1990 Thompson's & Formby.

FORMBY'S Workshop

Ordinary people. Extraordinary results.

Move to Malibu

pink cup, saucer, sugar bowl and creamer set, capiz rattan tray, aqua-silver jacquard place mat and napkin, whited-wash space saver table and black Chiavari chair. **Page 63:** Black flora dinner plate, gray marble charger plate, turquoise marble soup/pasta, Mexican cooler with turquoise rim, pink napkin, table runner, black napkin ring, Metro knife, fork, and spoon, white-washed spacesaver table, black Chiavari chair and blue and green toss pillows. **Page 65:** Cape cod rocker, arabesque "U," pineapple urn, toss pillow on bed, green marble porcelain, bath accessories, blue and pink bedspread, preserved pussywillow, eucalyptus, and dark vases. Wool dhurrie rugs, rocker, mirror, 4-drawer chest, eucalyptus, pussywillow, porcelain temple underglazed jar, and brass verdigris vase. **Page 66:** Black table lamp, toss pillow, brass ribbed vase, wooden cat, blue and white underglazed porcelain vase, dried arrangement, trunks, dark vase, and wooden bird.

EASY BREEZY SUMMER STYLE

Page 74: Chaise, lamp—JC Penney Co., Box 659000, Lincoln Center 3, Dallas, TX 75265-9000, 800/222-6161. **Porcelain knobs**—Renovator's Supply Inc., Renovator's Old Mill, Millers Falls, MA 03149. **Woven throw**—Faribo/The Three Weavers, 1206 Brooks St., Houston, TX 77009. **Sheet fabric on chaise,** "Windsor Rose"—Martex, Division of WestPoint Pepperell, 1221 Avenue of the Americas, New York, NY 10020. **Sheet fabric on table, wall,** "Ascot"—Martex, Division of WestPoint Pepperell (address above). **Small botanical print**—Weeds, Box 1403, Nantucket, MA 02554. **Larger botanical print**—The Wicker Porch, 13 North Water St., Nantucket, MA 02554. **Needlepoint pillows**—Petticoat Row, 19 Centre St., Nantucket, MA 02554.

Page 75: Lamps—JC Penney Co. (address above). **Woven throws**—Faribo/The Three Weavers, 1206 Brooks St., Houston, TX 77009. **Pink wool afghan**—Faribo, Faribault, MN 55021. **Rugs**—Import Specialists, 82 Wall St., New York, NY 10005. **Sheet fabric on walls,** "Ascot"—Martex, Division of WestPoint Pepperell, 1221 Avenue of the Americas, New York, NY 10020. **Floral shams, duvet cover, neck roll, fitted sheet,** "Mayfair"—Martex, Division of WestPoint Pepperell, 1221 Avenue of the Americas, New York, NY 10020. **White flat sheet, pillow shams,** "Winterset"—Martex, Division of WestPoint Pepperell (address above). **Bedskirt,** "Ascot"—Martex, Division of WestPoint Pepperell (address above). **Goose-down comforter, feather pillows**—The Company Store, 500 Company Store Rd., LaCrosse, WI 54601. **Porcelain knobs**—Renovator's Supply, Renovator's Old Mill, Millers Falls, MA 03149. **Luggage racks, birdcage**—Weeds (address above). **Botanical print**—Petticoat Row (address above). **Flower-frame vase**—Gardener's Eden, Mail Order Department, P.O. Box 7307, San Francisco, CA 94120-7307.

Page 76: Chair, dressing table—IKEA, Plymouth Meeting Mall, Plymouth Meeting, PA 19462. **Rug**—Import Specialists (address above). **Lamp, lace**

BUYING GUIDE

continued from page 129

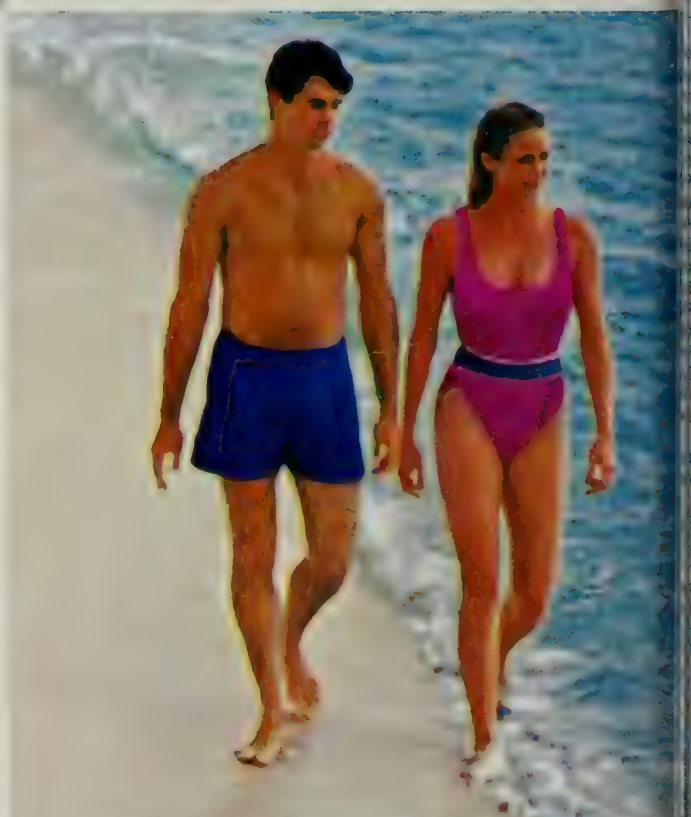
net Co., Inc., New Salisbury, IN 47161. **Vinyl floor,** "amherst white"—NAFCO, P.O. Box 354, Florence, AL 35631. **Cabinet installation**—Geo. Burdick & Assoc., 332 Logan St., Adrian, MI 49221. **Refrigerator, oven, microwave, and dishwasher**—Whirlpool Corp., 2000 US 33 N, Benton Harbor, MI 49022. **Hardwood floors**—Bruce Hardwood Floors (address above). **Paint trim,** "toast"; **wall,** "silver fox"—Dutch Boy Paint (address above). **Windows**—Hurd Millwork Company (address above). **Interior lights**—Columbia Interiors (address above). **Door**—Morgan Products Limited (address above). **Wood stair railing**—Taney Corp. (address above).

Pages 64–65: Hardwood floors—Bruce Hardwood Floors (address above). **Doors**—Morgan Products Limited (address above). **Skylight**—Velux-America, Inc. (address above). **Wood stair railing**—Taney Corporation (address above). **Carpet on stair landing and interior lights**—Columbia Interiors (address above). **Vinyl flooring in bedroom,** "amherst black"—NAFCO (address above). **Windows**—Hurd Millwork Co. (address above). **Paint trim,** "toast"; **wall,** "silver fox"—Dutch Boy Paint (address above). **Cabinets in bedroom**—Schmidt Cabinet Co., Inc. (address above). **Sink and faucets**—Kohler Co., Kohler, WI 53044.

Page 66: Carpet—Columbia Interiors (address above). **Wood stair railing**—Taney Corp. (address above). **Windows**—Hurd Millwork Co. (address above). **Paint trim,** "toast"; **wall,** "savory green"—Dutch Boy Paint (address above). **Heat recovery ventilator**—AirXchange Inc., 401 VFW Dr., Rockland, MA 02370. **Water softener**—Kinetico, Coffey Enterprises Inc., 3108 Page Ave., Jackson, MI 49203. **Water filtration system**—Ceramic Filters Co., Doulton Water Care, 5042 Sand Lake Rd., Onsted, MI 49265. **Electrical wiring**—Irish Hills Electric, 8494 Kingsley Rd., Onsted, MI 49265. **Excavation**—Wilson Backhoe Inc., 6300 Sutton Rd., Britton, MI 49229. **Well**—B&C Well Drilling, 159 Budlong, Adrian, MI 49221. **Drywall**—Mullins Drywall, 7373 Shepherd Rd., Adrian, MI 49221. **Heat pump**—NEPCO Inc., 1000 Rico Rd., Monroeville, PA 15146.

TIMBERFRAME FURNITURE AND ACCESSORIES

The following furniture and accessories were provided by—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Page 60:** Black cushion, table lamp, chair, ottoman, love seat, coffee and end tables, glass top on end table, toss pillows, dried arrangement, and porcelain temple underglazed jar. **Page 61:** Settee, cushions, toss pillows, coffee table, ottoman, cushion, chair, accessories on fireplace mantel, chestnut blue basket, floor pillow, preserved pussywillow, eucalyptus, Thai vase and covered jar. **Page 62:** Black charger plate, black and



SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

$3 off a carton

esser scarf—JC Penney Co. (address above). **Porcelain knobs**—Renovator's Supply (address above). **Sheet fabric on wall, dressing-table skirt,** "Astilt"—Martex, Division of WestPoint Pepperell (address above). **Nightgown, hanger**—Petticoat Row (address above). **Sheet fabric on chair, tissue box, astebasket,**"Mayfair"—Martex, Division of WestPoint Pepperell (address ove).

age 77: Lamp—JC Penney Co. (address above). **Sheet fabric on wall, small llows,** "Ascot"—Martex, Division of WestPoint Pepperell (address above). **oral shams, duvet cover, small pillows, fitted sheet,** "Mayfair"—Martex, vision of WestPoint Pepperell (address above). **White flat sheet and pillow ams,** "Winterset"—Martex, Division of WestPoint Pepperell (address above). **otanical print**—Petticoat Row (address above).

age 78 (*top*): Rocker, love seat—JC Penney Co. (address above). **Sheet bric on pillows, cushions,** "Windsor Rose"—Martex, Division of WestPoint epperell (address above). **(*Bottom*): Lamp, ceramic heart box**—JC Penney o. (address above). **Porcelain knobs**—Renovator's Supply (address above). **neet fabric on wall,** "Ascot"—Martex, Division of WestPoint Pepperell (address above). **Nightgown, hanger**—Petticoat Row (address above).

OUND-THE-CLOCK LIGHTING

age 84 (*top*): Flush ceiling lights—Lightolier Inc., 100 Lighting Way, Secaus, NJ 07094. **Hanging lights over dining room table**—Policelli Lighting, 680 ghth St., San Francisco, CA 94103. **Dining room chairs**—Stendig International, Inc., 410 E. 62nd St., New York, NY 10021. **Dining room table**—C.I. Design, O. Box 590, 574 Boston Ave., Medford, MA 02155. **Blinds**—Levolor Lorentan, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054. **(*Bottom*): Flush ceiling ghts**—Lightolier Inc. (address above). **Hanging lights**—Policelli Lighting, 680 ghth St., San Francisco, CA 94103.

age 89 (*top*): Sconce lights—Shaper Lighting, 1141 Marina Way South, Richond, CA 94804. **Chair**—Stendig International, Inc., 410 E. 62nd St., New York, Y 10021. **Coffee table**—Axiom Designs, 200 Kansas St., No. 25, San Francisco, CA 94103. **(*Bottom*): Sconce lights**—Shaper Lighting, 1141 Marina Way outh, Richmond, CA 94804. **Coffee table**—Axiom Designs, 200 Kansas St., o. 25, San Francisco, CA 94103.

IMMER HARVEST

age 97: Platter—Bloomingdale's, 1000 Third Ave., New York, NY 10022.

age 98: Green-tinted wine glass—Williams Sonoma, 100 North Point St., San rancisco, CA 94133.

age 100: Square green-tinted serving platter—Annieglass Studio, 303 Pocero #8, Santa Cruz, CA 95060.

Page 101: Plate, "Wave"—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278. **Glass,** "Chivalry"—Libbey Glass, Inc., P.O. Box 919, Toledo, OH 43693. **Knife and fork,** "Country Colors"—Oneida Limited, Oneida, NY 13421.

Page 102: Green-tinted wine glass—Williams-Sonoma (address above). **Green-bordered plate**—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012. **Fork,** "Aegean Weave"—Wallace Silversmiths, P.O. Box 9114, East Boston, MA 02128.

Page 103: Plate—Wolfman Gold & Good Co. (address above).

Page 104 (*top*): platter and plates, "Italian Party Line"—Annieglass (address above). **Serving fork,** "Windows"—Sasaki, 41 Madison Ave., New York, NY 10010. **(*Bottom*): serving platter, fork, and spoon**—Wolfman Gold & Gold Co., 116 Green St., New York, NY 10012.

Page 106 (*Left*): serving knife and fork, "Nouveau"—Gorham, Inc., P.O. Box 6150, Providence, RI 02940. **(*Right*): bowl**—Bybee Pottery, P.O. Box 192, Waco, KY 40385. **Plate**—Barneys, 7th Ave. & 7th St., New York, NY 10011. **Glass,** "Chivalry"—Libbey Glass, Inc., P.O. Box 919, Toledo, OH 43693.

PRIZE TESTED RECIPES

Page 119 (*left*): Plate, "Veruschka"—Waterford Wedgwood USA, 41 Madison Ave., New York, NY 10010. **Fork,** "Damask Rose"—Oneida Limited, Oneida, NY 13421. **(*Right*): Plate,** "Laura Japy"—Barneys, 7th Ave. & 7th St., New York, NY 10011.

Page 120 (*left*): Plate, "Palette"—Block China Corp., 11 E. 26th St., New York, NY 10010.

DIRECTORY OF ARCHITECTS, DESIGNERS

LET THE SUNSHINE IN

Pages 33–38: Designers: Jack Arnold, AIA, and Susan Anderson Swanson, Allied Member, ASID, 7318 South Yale, Tulsa, OK 74136.

ART OF TIMBER FRAME

Pages 59–70: Builder—Riverbend Timber Framing Inc., P.O. Box 26, Blissfield, MI 49228. **Project co-sponsor**—American Wood Council, 3857 N. High, Suite 204, Columbus, OH 43214. **Landscape architect**—John Squire, 7812 Towbridge Court, Sylvania, OH 43560.

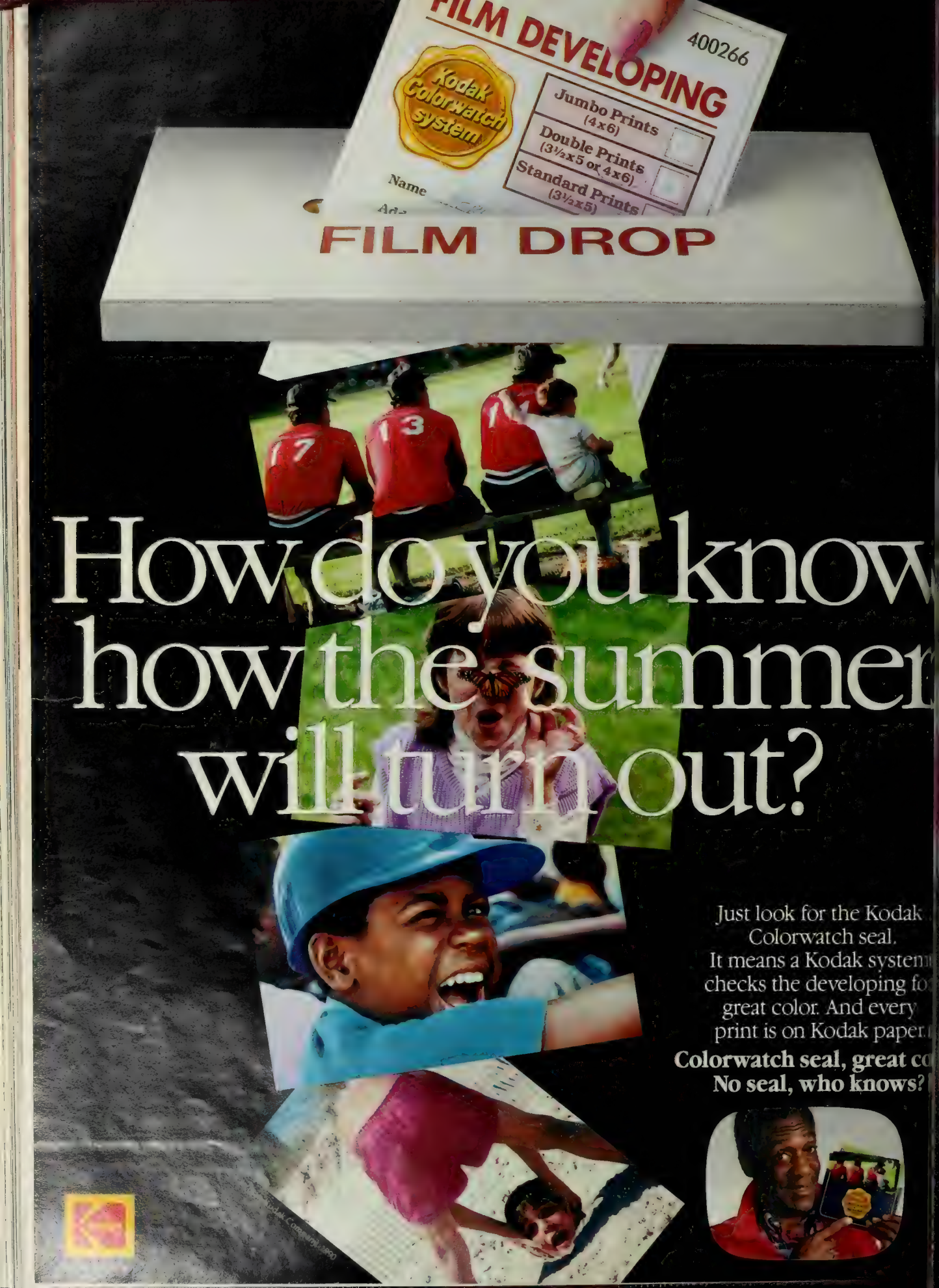
AROUND-THE-CLOCK LIGHTING

Pages 84–89: Architect—Glass Associates, Inc., 2030 Addison St., Suite 300, Berkeley, CA 94704. BH&G

©The American Tobacco Co.-1990



SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.


FILM DEVELOPING
400266
Kodak Colorwatch system
Jumbo Prints (4x6)
Double Prints (3½x5 or 4x6)
Standard Prints (3½x5)
Name
FILM DROP
How do you know
how the summer
will turn out?
Just look for the Kodak
Colorwatch seal.
It means a Kodak system
checks the developing fo
great color. And every
print is on Kodak paper.
Colorwatch seal, great co
No seal, who knows?

BY
LOIS ANNE NAYLOR

How To Plan A Family Reunion Vacation

The Reilings camped in the Midwest, the Wanks celebrated at a Catskills resort, and generations of Baumanns have gathered every four years since 1907. All three families have learned how to make their reunion a bang-up success. Here's their advice on how to make yours a winner, too.

BACKGROUND PHOTOGRAPHS BY KING AU, PHOTOGRAPHIC PRINTS BY PERRY STRUSE



The Reilings

Making a reunion affordable for the whole family

The first Reiling reunion was held unintentionally in 1977 when two couples decided to sneak away for a quiet weekend. But word of their plan leaked out.

Like moths to a Coleman lantern, other family members were drawn to the state park where Ethie and Francis Morrow and Carolyn and Ralph Reiling had set up camp. Once the couples realized that their hideaway was a poorly kept secret, the Morrows and the Reilings graciously instituted an open-tent policy. According to the official reunion scrapbook, "It was hot, but fun, and we decided it would be a great way for all to see each other once a year, and thus, the annual reunions began!"

Camping is a



The Reilings gather at campgrounds.

shared family interest, so that unplanned start became a Reiling ritual. "Camping is our kind of vacation," Ralph Reiling says. "We come early and stay late."

The Reilings have held 13 reunions in campgrounds throughout the Midwest. "When the older family members were setting this up," Ralph's wife, Carolyn, explains, "we decided we had to stay within the pocketbooks of the younger ones. We want to keep it as inexpensive as possible, to make it as accessible as possible."

The Reilings select their parks with care. After a less-than-ideal experience one year in a little field that didn't have flush toilets, they decided that one family member needs to inspect each proposed site before they select the final location. To qualify for a Reiling reunion, the campground must provide modern toilet and shower facilities, offer trailer hookups, lie within easy commuting distance of motels for folks who don't like to camp, have trees, and be near water for boating and swimming.

LET THE GAMES BEGIN

Even if you don't cheat, you can still participate in the Reiling Family Olympics. You just might not win. Of course, winning isn't the point of the afternoon games, although you might think otherwise, as adults and teens show younger teammates how to circumvent the rules.

The real object of the games, of course, is to help people become acquainted in a casual, fun way. The Reilings have discovered lots of practical ideas to make the games work.

For example, responsibility for organizing the games rotates annually. Last year, Sue Novak used her experience as a Cub Scout leader to oversee the action at Iowa's Sugar Bottom campground. The festivities began with a candy hunt for the tots, who stuffed sandwich bags with goodies they found buried in cedar chips. Then the action picked up for the rest of the clan as more than 30 teams competed



the traditional water-balloon toss.

Jane Reiling learned a key to successful unions the year she masterminded the mes. When she lined up the kids for the mp-rope races and told her eager-faced arges to begin jumping, she discovered at some didn't know how. She skipped at event and went on to the next.

The lesson: No matter how well activi-es, food quantities, and other details are anned, problems may arise. Wise lead-s are flexible. They come armed with ternatives—and a sense of humor.

INNER IS SERVED

The Reiling clan eats only one meal as group. That way, families can join in arious combinations on other occasions. itially, Sunday's "must-go" meal, the st before the reunion breaks up, served dual purpose. Everybody had a chance visit a final time. And, everything per-hable from refrigerators and coolers as devoured before the relatives headed r home. Now, people plan ahead for the mily smorgasbord—or else the Reilings ave the tastiest leftovers ever.

Another Reiling discovery: To encour-ge mingling during the family meal one ear, people were handed colored paper plates. Then they ate at the table cov-ered with a cloth of the same color.

Following the group dinner, the Reil-ings hold a brief meeting to coordinate the next reunion. They elect a leader, recommend sites and appoint people to check them, and set a time for the next gathering, normally the second weekend in August. The regular date makes it easi-er for families to plan vacations.

A HIT WITH ALL AGES

How popular are the reunions? Once Nancy Reiling's baby was due on the re-union weekend. Instead of forgoing the fun, she arranged with the park staff to keep the gates unlocked at night in case she needed to rush to the hospital.

According to Jeff Houser, who attended a reunion before he married into the clan, "You can tell the success of something like this by the teens. If they didn't like it, they would make excuses and wouldn't come. But they keep coming back."

That makes Aunt Ethie happy, because she says the real reason for the reunions is to build bonds between Reiling cousins. "You see kids getting together who didn't know each other to begin with. Then they hang around together and look forward to seeing each other at subse-quent gatherings."

One year, the older generation suggested meeting biennially instead of every year because they thought that an-nual meetings might be too ex-pensive for younger family members. The idea was booed down.

Since the first, unplanned Reiling re-union, Ethie Morrow has kept a photo scrapbook of each gathering. She notes where it was held and other information.

continued



The family passes her lively reunion record around and everyone signs the official register during the weekend.

What started out as an escape for the adults has turned into a family gathering in midwestern campgrounds that Reilings of all ages look forward to annually.

The Wanks

Combining a reunion with a family event



When Sylvia and Nat Wank first said "I do," their children and grandchildren weren't around to celebrate with them. The Wanks were not about to let that happen again 50 years later when they renewed their vows. This time, their offspring were as important as the bridal gown and wedding cake.

Because the Wanks wanted their golden reunion to be fun and relaxing for the whole family, they decided to hold it at a Catskill Mountains resort and let the staff handle all arrangements. Sylvia began working with Kutsher's Country Club in Monticello, New York, a year before the event.

The Wanks paced the weekend to mix the casual with the formal. One of the highlights of the celebration for Sylvia and Nat was the roast that followed Friday's dinner. The guests took turns—and a lot of creative license—recalling events from the couple's half-century union. Lest they forget any of the anecdotes and ditties that enlivened the prenuptial party, the family videotaped the lighthearted evening.

The biggest surprise of the gathering came the next morning when Sylvia and Nat went down for breakfast. The lobby was filled with people sporting bridal-white T-shirts silk-screened with their original wedding picture and proclaiming, "Love at first sight. 50 years of delight."

People had time to swim, golf, play tennis, and take advantage of the other activities offered at the resort. Then dresses and tuxes replaced T-shirts as family and friends prepared for the ceremony. After the couple renewed their vows and fed each other wedding cake, guests dined and danced and enjoyed being together.



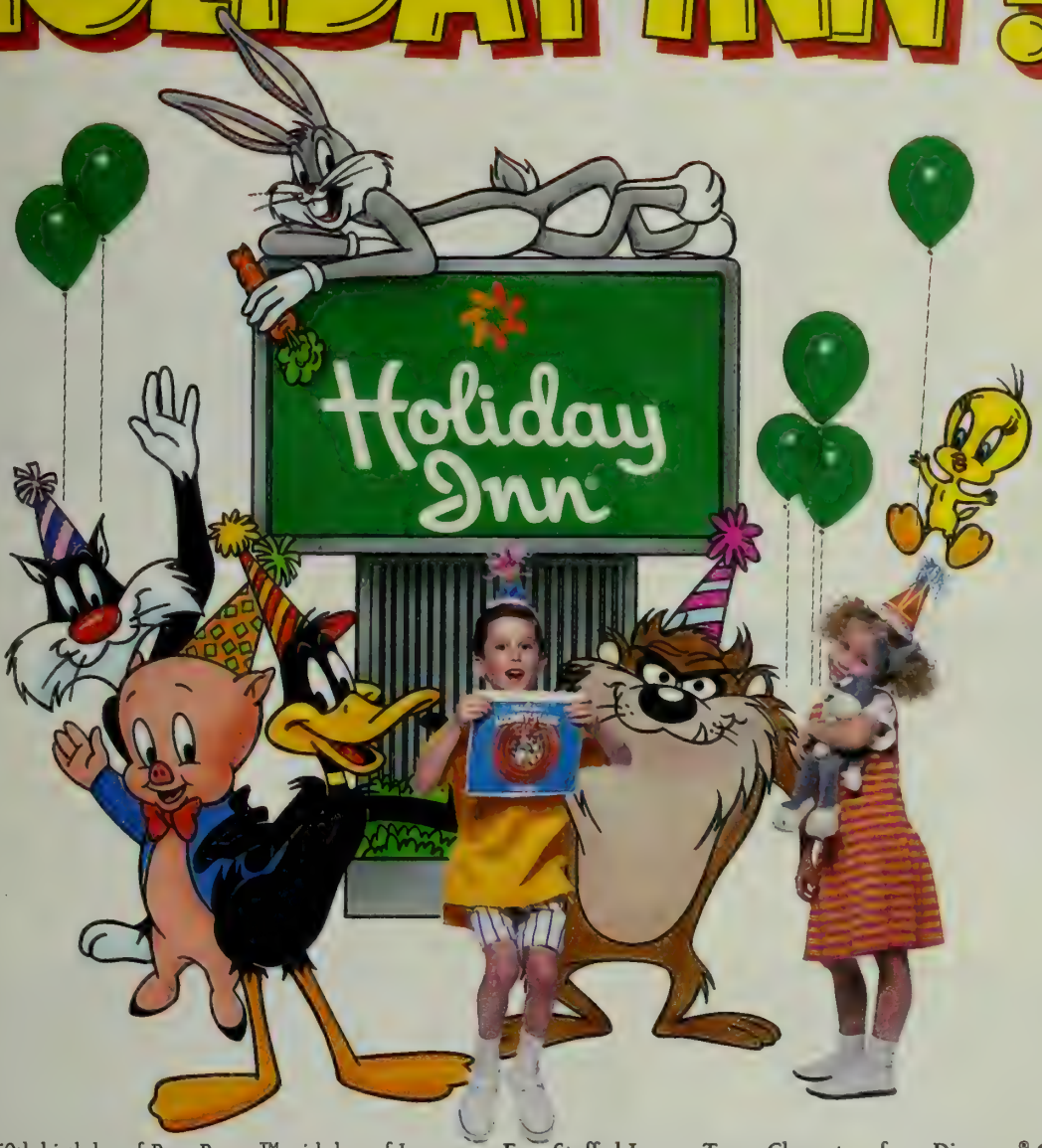
Family members wear special T-shirts.

If you're planning a reunion at a resort, follow Sylvia's lead and let the staff oversee as many details as possible. Besides the rooms and the temple, Kutsher's provided the flowers, music, wedding cake, and all food for the three-day party.

"It's important to get together with your family," Sylvia Wank says of her combination 50th-anniversary celebration and reunion. "It's a remembrance

continued

WHAT'S UP AT HOLIDAY INN®?



elebrating the 50th birthday of Bugs Bunny™ with lots of Looney
things to do at Holiday Inn and Holiday Inn Crowne Plaza® hotels.

elcome Kits For Kids† During the months of June, d August, we'll give your kids a special Holiday Inn ne Kit. This includes an activity book and other games ll offer your kids hours of fun.

r GREAT RATES℠ From $39* Join in the fun n now and September 8, and you can take advantage mer GREAT RATES. Prices start as low as $39 per room ght at some hotels. Call soon; rooms are limited and e reservation is required.

Free Stuffed Looney Tunes Characters from Discover® Card** If you charge your stay on the Discover Card through Sept. 8, you can order one of three cuddly stuffed Looney Tunes characters for the kids free with each stay. You'll also earn a **Cashback Bonus.®‡**

And Much, Much More Your kids will love our pools and activities. If they're 12 and under, they stay free. So join us; it will be a summer your family will never forget.

IT PAYS TO DISCOVER

Stay with someone you know℠ Doc!

CALL 1-800-HOLIDAY

OR YOUR TRAVEL AGENT.

igher or lower, by hotel and room type. GREAT RATES offer good at participating Holiday Inn and Holiday Inn Crowne Plaza® hotels in U.S., Mexico and Canada; not good during black-out dates, with group rates, special rate offers, or ol ten or more rooms. **Discover Card offer good on stays at participating U.S. hotels while supplies last; details available at individual hotels. †Welcome Kits available at participating hotels in U.S. & Canada. One Kit per child 12 and under per d with group rates. ‡Earn up to 1% yearly based on your annual level of Discover Card purchases. © 1990 Holiday Inns, Inc. TM & © Warner Bros. Inc. 1990

for a lifetime. When I look at the pictures, it lights me up all over again."

The Baumanns

Keeping the family heritage while changing with the times

The Baumanns' reunions started in 1907 as a way to socialize with the family's missionary contingent, home on furlough at the Baumann farm in Ohio. The tradition has evolved over the years into a lively four-day celebration of family harmony.

Religious ties still bind the Baumanns. A family minister or missionary normally conducts Sunday's church service, featuring the family choir. Babies are baptized, and a memorial service is held.



LANA BAUMANN PETERSEN

Frank and Harold Baumann say hello.

But the gatherings have changed over the past eight decades. That is the key to the success of the Baumann reunions. Family members realize that even if they have done something a certain way for years, they must be open to new ideas.

During the Depression, some people couldn't afford to travel to Ohio. Sam Baumann, who had struck oil in California, offered to help finance the trip for those needing it, if they would meet at his home. In 1970, the family voted to return to Ohio every other time, and hold alternate reunions in California or at resorts.

Another popular, though radical, departure from earlier reunions is square dancing. Methodists in the early 1900s wouldn't even waltz, but when a family member found his calling as a square-dance announcer, the Baumanns do-si-doed their way into another tradition.

The dancing follows Saturday evening's talent show. According to family legend, frenzied but clever parents added skits to the lineup in order to occupy their bored kids with planning the productions during a cross-country drive.

One of the family historians, Bill Baumann, says, "I we hadn't reorganized in 1970, I don' think it would have lasted. We needed connection with the younger generation not just a get-together with a meal."



Hosts of the first California reunion.

Today's reunions are more structure than earlier ones, although people sti have plenty of time to chat. Besides hom movies of previous gatherings and activ ties for kids, organizers plan tours an other optional attractions—such as a da at Disneyland—for those who incorporat the reunion into a longer vacation.

Farmers once provided the food, bu meals are catered now, and a two-foot wheel of Swiss cheese is a reminder that one of the family ancestors was a cheese maker.

continued



Flavor legend.

Once upon a time, there came to be a cigarette with a wondrously rich flavor. Its fame swiftly spread over the land and across the seas. Today millions enjoy its remarkable taste. The secret is Enriched Flavor.™ Only Merit has it. Which is why it's become a legend in its own time.

Enriched Flavor,™ low tar. A solution with Merit.



SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

© Philip Morris Inc. 1990

Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method.

NEW!

PLUG INTO FRESHNESS™



Introducing Glade Plug-Ins™ Air Freshener.
Gently, constantly warms its refill cartridge for 30 days of freshening. Then, after 30 days, just pop in a new refill.



© 1990 S.C. Johnson & Son, Inc.; All Rights Reser

Tips to Plan Your Reunion

Set the date early. The sooner you set a date, the better the response. Most people need time to coordinate their vacations around a reunion. Many families find it helps to gather during the same weekend each year.

- **Designate a leader.** One person should assume overall responsibility to make sure things are accomplished in a timely fashion. In some families, the same person takes the reins for many years; other families rotate this position.
- **Appoint a contact person for each branch of the family.** That person keeps members posted on the latest developments and keeps the committee informed about how many will attend.
- **Let committees do the work.** Divide tasks so more people can share in the preparations, but have all report to the leader. People involved in the planning are more likely to show up for the event.

One group can reserve the location, send out invitations, and communicate with the family liaisons; another can coordinate the food; a third can oversee entertainment; and another should handle cleanup and garbage patrol.

- **Reserve a meeting site early.** Unless you plan to gather at someone's home, you should book your meeting site as early as possible. You'll probably be required to pay a deposit. Consider this as insurance to guarantee the space you want.

If you're not returning to the family homestead, think about choosing a central location that's convenient to the greatest number of relatives. Alternatively, select an exotic, out-of-the-way locale to make this a family reunion vacation that everyone will remember.

- **Determine costs.** Estimate how much each person needs to pay to cover expenses. Don't forget such incidentals as garbage bags. Hint: Normally, the lower the cost, the more people who will attend. Try for a price everyone can afford, but make sure you're not stuck with a lot of unpaid bills.

Let everyone know initially their share for such major items as lodging, room rental, and meals, then divvy up incidental charges following the reunion. Or, set up a family treasury to cover these expenses in the future. Some families hold a white-elephant sale at each reunion to help finance the next gathering.

- **Send invitations.** Inform relatives about who, what, when, where, and how. Set a date for RSVPs, so you know how many to anticipate. Follow-up reminders drum up additional enthusiasm.
- **Consider individual interests.** How can you make everyone happy when Uncle Harry wants to fish, Aunt Gertrude likes to play cards, Bob's into baseball, Grandma water-skis, George dozes his vacations away, and Chris just wants to gab? One of the reasons the Reilings opt for camping reunions is that it allows the diversity their large family needs. They've structured their gatherings with a balance of free time to pursue personal interests, combined with planned activities that bring the gang together.
- **Provide activities for each age group.** Teenagers sometimes tend to shy away from family reunions, so plan something special for them. For a weekend reunion, hold Teen Night on Friday. In a recreational hall or other place separate from the rest of the family, provide lots of ways for your young adults to get acquainted. Let the kids play pool, Ping-Pong, Nerf basketball, or Pictionary and other games. Make them feel at home with music tapes and quantities of sodas and food.

The next evening, put the teens in charge of the younger children during a pizza and video fest while the adults have a night on the town.

- **Plan your next reunion.** Start organizing your next reunion while everyone basks in the pleasure of this one.
- **Send out mementos.** Pictures or a newsletter bring back fond memories of your extended family. Some clans compile family recipes or genealogical books.
- **Evaluate your reunion.** What worked, and what could be improved? Did people like having every meal potluck, or next time should you have Sunday dinner catered? Don't be afraid to change. As the Baumanns discovered, change can add vitality to a reunion.

Share your reunion tips

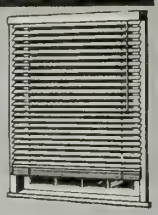
We'd like to see your photos, too. Because of the volume of mail, we cannot acknowledge receipt of your material or return it. Send your ideas, along with your name, address, and daytime phone number, to: Family Reunions, Better Homes and Gardens, Dept. LS468, 1716 Locust St., Des Moines, IA 50336.

Coming next month in BH&G®: Everything you need to know to feed a hungry family, whether you expect 10 or 100 at your reunion.

NOBODY BEATS OUR PRICES ON WINDOWS & WALLCOVERINGS!!

LEVOLOR® & del mar

MINI-BLINDS 75% OFF RETAIL





VERTICAL BLINDS 75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS OR FREE!

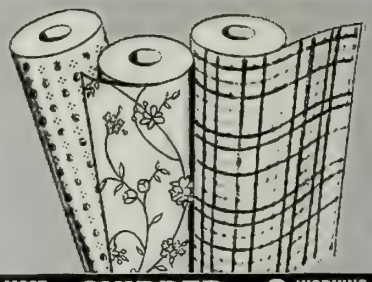
Call Us for Prices on All Brands of:
- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING 35% to 75% OFF

ALL THE NATIONAL BRANDS!



MOST ORDERS SHIPPED IN 3 WORKING DAYS

Instant Price Quote on All the National Brands!
- All First Quality
- Special Case Discounts
- Call Us With Book Name and Pattern Number

FREE UPS SHIPPING NO SALES TAX (OUTSIDE MI)

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262

AMERICAN BLIND & WALLPAPER FACTORY

28237 ORCHARD LAKE RD. • FARMINGTON HILLS, MI 48018
WEEKDAYS: 8:30-9:00 P.M.—SAT. 8:30-6:00 P.M. E.S.T. ©1989 A.B.W.F.

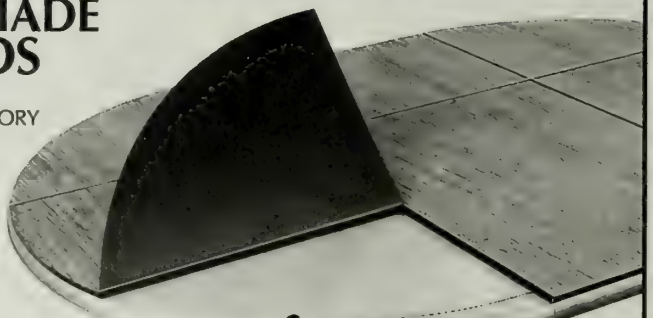
CUSTOM MADE TABLE PADS

BEST PRICES
DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.

1-800/328-7237
Ext. 210

1170 Stella St., St. Paul, MN 55108
©-89 (612) 646-6778—Ext. 210



Sentry® TABLE PAD CO.
SINCE 1911

CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide.
Here's a sampling of our mini blind prices.

L \ W	32"	36"	40"	44"	48"	52"	57"
21"	$13	$15	$17	$19	$20	$22	$23
42"	16	18	20	23	24	26	29
48"	20	22	24	28	29	31	35
54"	23	26	28	30	32	34	39
60"	25	28	30	32	34	37	42
66"	27	30	32	34	38	40	45

COMPARE OUR PRICES TO ANYONE.

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®

Mini Blinds

3 DAY BLINDS

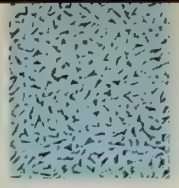
LIFETIME GUARANTEE

TOLL FREE 1•800•966•3DAY

Ask For Your FREE Ordering Kit • VISA and MasterCard Accepted

3 DAY BLINDS, INC. • Irvine • California • 92714

Prices subject to change



Shoppin editor's choice

Discover the ease and pleasure of shoppin by mail. Order from the convenience of yo own home with complete confidence.

BY ARLENE AVILES

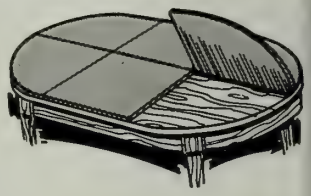
GUIDES HOSE AROUND YARD





PREVENT DAMAGE TO FLOWER BEDS, GARDENS AND SHRUBS!

No more kinks, tangles or tripping over the hos use, just insert into ground to direct water whe needed. Keeps walkways clear and safe. Smooth ing action prevents hose from being hung up by or sharp corners. Grass-green color makes them noticeable! High-impact plastic, 10" steel shafts; four. Order A2304, Hose Guides, set of four, $ Ppd. WALTER DRAKE, BH07 Drake Buil Colorado Springs, CO 80940.



CUSTOM TABLE PADS

Protect your treasured dining table with a q custom table pad. Once in a lifetime offer by ord now! Save up to 70%. Unbelievably priced from $29.95 any normal size; compare at $99.95. have washable, heat-treated vinyl tops, insulatin bottoms, fold for easy storage. Has 5-year fa guarantee. FACTORY DIRECT TABLE PAD U.S. call 1(800)428-4567.



SHOP AT HOME

Decide on your wall selection, call Natio Wholesaler TOLL F with book name, p number & amount o desired: 800-537-V (In NJ call 201-342- for instant price quo first quality. FREE Delivery. NA WIDE WHOLESA P.O. Box 40, Hackensack, NJ 07602.

VERTICALS & MINI BLINDS

60% to 76% off retail. Shipped in 5 working d yours FREE. LIFE TIME GUARANTEE. an established factory-direct company committed to quality & service. Our free designers sample kit lets you buy in the convenience of your home. Call toll free: 1-800-642-9899 (ext.4), or write to: AROUND THE WINDOW 326 N. Stonestreet Avenue, Suite 204, Rockville, MD 20850.





UNT WALLCOVERING

selection of wallcovering at discounts. Shop ne way. Never undersold–all brands–free de- hop in your neighborhood, write down pat- mber & book. Then call in order. SILVER COVERINGS, WINDOWS & BLINDS, 3001-15 Kensington Avenue, Philadelphia, 34. Toll-free 1-800-426-6600.

M-LENGTH SHELVES, CORNICES, RAILS, PEG RACK, SIDEBOARDS

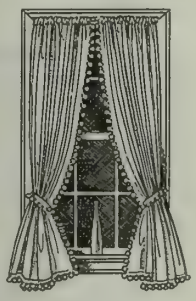
t factory-direct prices! Great new line...Same ufted quality & solid-pine charm. Vintage Works (of Victorian Millworks Fame) bal- eautifully between small-town custom wood- g & prompt nationwide shipping. Old- ed value & genuine cust. serv. to boot!



Complete catalog $2 VINTAGE WOOD WORKS, Dept. 1797, 513 S. Adams, Fredericksburg, TX 78624. Or phone (512) 997-9513.

RINGE CURTAINS

l or white 50% cot/50% poly with ball fringe. wide per pair. s: 20" or 25" $15.50 or 36" $17.50 pr; 45" $19.50 pr; 54" $24 pr; 72" $27.50 $28.50 pr; 90" $31 tra fringe for tie- incl. Made in Add $6 p&h per Free 64 pg. color COUNTRY CUR- , Dept. 4500, ridge, MA 01262.



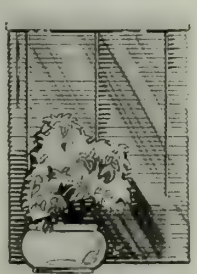
PAPER AT THE LOWEST PRICES

al for over 75 years has been the same: sell per at prices lower than anyone else. Continu- customers tell us that after they have shopped , we are the lowest price. Call & compare our prices on wallcover- ings. First quality & good service is guar. MARY'S DIS- COUNT WALL- PAPER, 111 North Lansdowne Ave- nue, Lansdowne, PA 19050. Phone 1-800-521-3393.



BLINDS

w Express blinds– our factory in seven mazing prices! Also s on window treat- (pleated shades, ls, micros, etc.) by r, Del Mar, Kirsch ouver Drape. Free from CUSTOM OWS & WALLS, BHG790, 32525 nson Hwy., Madison Heights, MI 48071 or ll free 1-800-772-1947 or 1-800-777-7747.



Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape

BLINDS
UP TO **80% OFF**

Micros • Minis • Verticals • Duettes

WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

FREE UPS Shipping

FREE PRICE QUOTES
Call Today For Discounts On Any National Brand

No Sales Tax Outside N.Y. State

THE BLIND FACTORY OUTLET
1-800-233-4488

National Wholesale Wallcovering

★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!

WALLPAPER

NEW! LOWER PRICES!

75% OFF!

EVERY BOOK AND PATTERN ALWAYS UP TO...

★EXCLUSIVE "DON'T GET STUCK" RETURN POLICY

★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!

★ BUY ALL TOP BRANDS at National Wholesale

1-800-631-9341

★ FAX ORDER OR INQUIRY-1-800-526-9037

YOU CAN CHARGE IT!

PO Box 396 Ledgewood NJ 07852

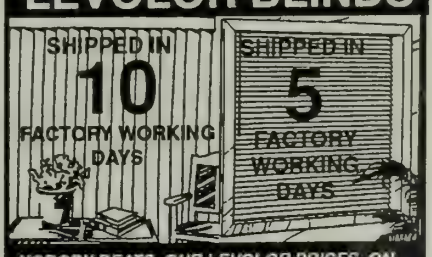
"Treat yourself to the best for only 4-1/2¢ per cup!"



LUTZ & WOOD
FRESH GROUND GOURMET COFFEE
- 30 Fresh sealed foil packs, each makes ten perfect cups.
- Beautiful, reusable candy jar canister. New canister with every reorder.

SEND $13.50 + $4 S&H TO:
ALW Coffee, Inc., 11106 Rapids Road, Clarence Center, NY 14032
CONTINENTAL U.S. ONLY
Satisfaction guaranteed or money refunded

Lowest Prices! LEVOLOR BLINDS



NOBODY BEATS OUR LEVOLOR PRICES ON...
1" MINI BLINDS ◆ VERTICAL BLINDS ◆ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ◆ WOOD MINI BLINDS ◆ PLEATED SHADES

WE ALSO FEATURE: KIRSCH · LOUVER DRAPE · DEL MAR · HUNTER DOUGLAS DUETTE · VERTICALS · PLEATED SHADES · WOOD BLINDS · SPECIALTY SHADES · TOPPERS

FAMOUS MAKER MINI BLIND—FREE VALANCE—ON SALE NOW!!

Width → / Length ↓	19 to 23	23+ to 26	26+ to 29	29+ to 32	32+ to 36	36+ to 40	40+ to 44	44+ to 48	48+ to 52	52+ to 57	57+ to 62
To 42"	14	17	18	19	21	23	25	26	28	31	33
42+ to 48	16	18	19	21	23	25	27	29	30	34	36
48+ to 54	17	20	21	23	25	27	29	31	33	37	39
54+ to 60	18	21	23	24	27	29	31	33	35	40	42
60+ to 66	19	22	25	27	29	31	32	36	38	43	45
66+ to 72	21	24	26	29	31	33	35	38	40	45	48
72+ to 78	22	25	28	30	32	35	37	40	43	48	52

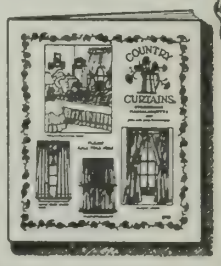
SIZES TO 102W X 108H CALL FOR WELLS' LOW PRICES

CALL OR WRITE FOR A PRICE QUOTE OR FREE 48-PAGE BUYERS' GUIDE
1-800-547-8982

WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7171 AMADOR PLAZA ROAD, DUBLIN, CA 94568
• 15 OTHER CONVENIENTLY LOCATED CALIFORNIA & OREGON STORES

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

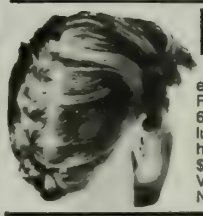
A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more. **Please call toll free: 1-800-876-6123,** 24 hours a day, 7 days a week.

Satisfaction guaranteed.

☐ **PLEASE SEND FREE CATALOG.**

Name_____
Address_____
City_____
State_____ **Zip**_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 5170, Stockbridge, MA 01262



BRAID Aid

Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-422, Box 2012, New Rochelle, N.Y. 10802.



At Last A Cap Organizer!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the patented clip. Hang one for everyday use, and order several for your cap collection. Great gift idea.

Set of two 5-clamp Cap Racks (each 18" long) **$11.95** + $2.45 shpg.

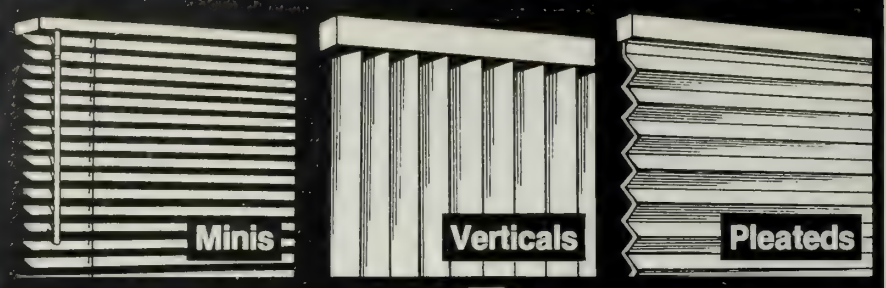
Single 10-clamp Cap Rack (36" long) **$11.50** + $2.45 shpg.

Send Check or MO. 20 day money back guarantee.

HOLST, Inc. Dept. BHO-790, 1118 W. Lake Box 370, Tawas City, MI 48764

SHOP BY MAIL

LOWEST PRICES & 1 DAY DELIVERY



EXPRESS BLINDS

by COLOR'EL Littleton, CO 80124 1-800-877-4800

800-847-6142

Wallpaper

•ANY PATTERN, ANY BOOK
•UP TO 50% OFF RETAIL
•ALL FIRST QUALITY
•GREAT SERVICE

"THE EASY WAY TO SHOP"
YORKTOWNE WALLPAPER OUTLET
2445 S. QUEEN ST. • YORK, PA 17402

CANNON®

T200 LUXURY PERCALE SHEETS, FLAT & FITTED- ALL SIZES/COLORS

UP TO
80% OFF

• Same Day Processing
• First Quality – No Seconds... EVER!

TO ORDER, CALL TOLL-FREE
1-800 677-9090
ADVANCED CONSUMER PRODUCTS

PROTECT Your Treasured Dining Table With CUSTOM FIT TABLE PADS

ASK ABOUT FREE LEAF SPECIAL



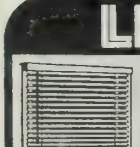
Look under table for numbers & tell us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase

UNBELIEVABLY PRICED FROM
$29.95 For Quality Pad Any Normal Size
COMPARE AT 99.95
Guaranteed up to 20 years - MC/VISA

TOLL FREE 1 (800) 428-4567
FACTORY DIRECT TABLE PAD COMPANY

LEVOLOR®



1" MINI BLINDS 75% Off Retail

LOWEST PRICES GUARANTEED

CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM

SHIPPED IN 5 DAYS OR THEY ARE FREE!

VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES

NATIONAL BLIND FACTORY

CALL TOLL FREE 1-800-477-8000

400 GALLERIA #400 • SOUTHFIELD, MI 48034

WALLCOVERINGS



Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!

FREE SHIPPING WITHIN 3 DAYS!

CALL TOLL FREE
1-800-627-0400
with pattern number and book name

Style Wallcovering

"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"

P.O. Box 52128 • Livonia, MI 48152

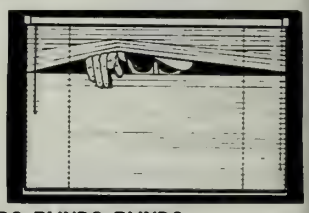


"YOU BEEN TRUCKIN' LONG?"
14"X18" color poster will bring a smile. You & friends will want to "adopt" these "kids" & them home! $3.95 + $1.25 shpg. Also: 14"X18" plaque mounted on wood; sealed with acrylic. $ + $3.45 shpg. HOLST, INC., Dept. BHT-790 W. Lake, Box 370, Tawas City, MI 48764.

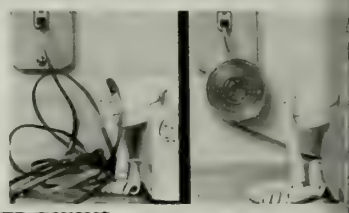
WE DO WALLCOVERINGS.



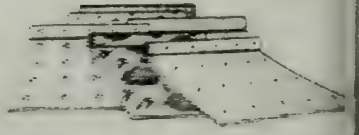
SMART WALLCOVERINGS
Smart Wallcoverings does one thing & we do it That's why we can discount every wallpaper p seen anywhere up to 50% off! Plus, Smart fe free shipping within 3 days & the lowest guaranteed! Toll free 1-800-677-0200.



BLINDS, BLINDS, BLINDS
Bali Blinds, Louver Drape verticals and sl Hunter Douglas and Verosol—save up to 75 custom-made mini, micro, vertical blinds, p shades and Duettes. #1 in customer service UPS shpg. in 48 states. Call for free color sam 1-800-441-1288. PREMIER BLIND COMP 317 E. Hempstead, Giddings, TX 78942.

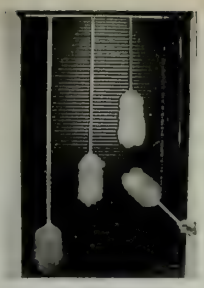


CORD-A-WAYS
Adjust electrical cord length instantly–long shorter. Holds cord off floors & counter to neatness & easier cleaning. Ideal for lamps, telephones, etc. Set of 6 in either clear, white, or almond. $12.95 Ppd. Send check or money CORD-A-WAYS, Dept. BHG7, 10637 Noble N., Brooklyn Park, MN 55443. Money back g



WALLCOVERING
Every pattern in every book is now 50 depending on volume! The more you buy...Th you save! Free shipping within 3 days! "We inflate the retail price and we guarantee to b prices!" For info. call STYLE WALLCOVE at 1-800-627-0400.

ER CLOSE OUT

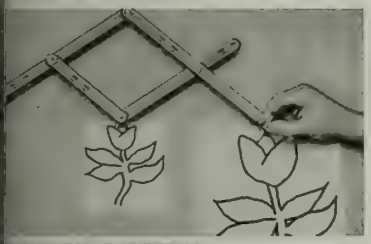


utor is closing out ory of high quality lian lamb's wool s avail. in four sizes .0" to 60" & includ- single & double ex- n for those hard to areas. Fine lamb's product picks up & dust like magnet. d Supply—while st. 20" wand ($4.99); 29" wand ($5.99); 30" to tending ($6.99); 31" to 60" extending ($8.99). $1. Order 2 or more & we ship free. Write: LS INTERIORS, INC., 7171 Amador Plaza, n, CA 94568.



KENYA® GEM

the finest blue-white diamond with a scintillat- rilliance that never fades; no one but your r will know the difference. Give as a gift for ne very special. Women's and men's styles set K white or yellow gold (please specify). Priced $75 a carat. Free full-color catalog/brochure. YA® GEM, Dept. BH79, 1771 N. Waterloo iladelphia, PA 19122.



E CRAFTS, PATTERNS, URES, "ANY SIZE"

antograph can copy designs that can be used in ork or any picture. Excellent for patterns, de- maps, portraits, still life, etc. All you do is place int on the image you wish to enlarge or reduce. just follow the lines as pencil end automatically duces outline in exact proportions, $6.95 + postage. NORTON PRODUCTS, Dept. 590, Box 2012, New Rochelle, NY 10802.



LCOVERINGS AND BLINDS

major manufacturers at wholesale prices. You ve up to 50% off on 1st quality wallcoverings, s and borders. Just call with manufacturer, and pattern number. Custom made mini, micro tical blinds and pleated shades up to 70% off prices. Call toll free to order: 800-338-4882. DQUARTERS WINDOWS AND WALLS, ton Place, Morristown, NJ 07960.

ALWAYS FIRST-QUALITY

Top-Brand Wallpaper

Save 35% to 75%

- Any book or pattern.
- No tax outside Pa.
- Any fabric and border.
- Shop, then call with book name, pattern number.

FAST! Same-day processing.
FREE! Shipping. Except Alaska and Hawaii.

ALSO Top-Brand Carpet

Mon., Tues., Fri.: 9–9
Wed., Thurs., Sat.: 9–5:30

1 800 252-5060
BENINGTON'S™
1271 Manheim Pike, Lancaster, PA 17601

Wallpaper / Blinds 99% OFF?

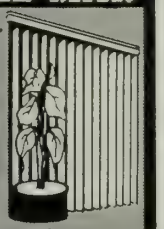
WHICH COMPANY SHOULD YOU BUY FROM?

- We are a neutral agency with one goal in mind...help the consumer choose the right mail order company!
- No matter what the product, we can give you helpful information that will save you time and money!

CALL 1-900-988-0500
NATIONAL CONSUMERS HOTLINE
$2.00/call

LEVOLOR DEL MAR

AROUND THE WINDOW CO.
TOP QUALITY BLINDS!
SHOP WHOLESALE AT HOME



FREE DESIGNER SAMPLE KIT

5 WORKING DAY SHIPPING OR FREE · Lifetime Guarantee

LOWEST PRICES
SAVE UP TO 76% off suggested retail

DEALER INQUIRIES WELCOME
1-800-642-9899 EXT 4
326 N Stonestreet Ave Suite 204 Rkvl MD 20850

WALLPAPER

FREE DELIVERY
NO SALES TAX (outside PA)
MASTERCARD/VISA
CALL WITH BOOK & PATTERN #

33 - 75%

MARY'S DISCOUNT PAPERS
FAMILY BUSINESS SINCE 1925

1-800-521-3393

40 EXPRESS PHOTOS ONLY $2.50



BRIGHTEST COLORS ★ BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x7"
- ★ 8 Wallets & Four 5"x7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

TRUE color photos on KODAK paper. Speedy service with computer accuracy. Send any photos or instant prints up to 8"x10" or negatives or slides (returned). Add 95¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order.

GIANT COLOR Enlargements ★ 1 Custom 20" X 30" $7.95 ★ 2 Custom 16" X 20" $8.95
For postage and handling, Add $1.95 per giant Enlargement Offer

Guaranteed. Encl. check or M.O. with ret. address, send to:

For Rush EXPRESS PHOTO™ Service add $2.

RELIANCE COLOR LABS, INC.
Studio E14-7 Box 1000
Swansea, MA 02777

Noritake China Replacements

Are you having trouble finding matching pieces for your Noritake China?
Write:

VISA Noritake MasterCard

SERVICE CENTER, DEPT. B
P.O. Box 3240, Chicago, Illinois 60654
Call TOLL FREE 1-800-562-1991
(In IL 1-312-645-0724)

This Card Could Save Your Life

MEDICAL I.D.

NEW medical ID. Drivers license size, fits in wallet, gives your vital medical information in case you're unconscious. **Great gift, too.** Fill out form we send and return it to us. We'll send you the finished I.D. Send check now for $9.99 + $2.50 p&h to Medtag, 2525 Arapahoe, E-22, Boulder, CO 80302. We'll send you the form by return mail.

$9.99



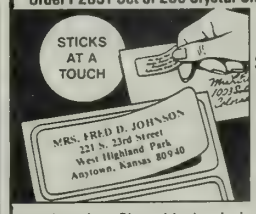
1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $3.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $3.98



250 Self-Stick WHITE GLOSS LABELS $3.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $3.98

Walter Drake 3057 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___ S717 1000 Labels @ $1.49 $_____
___ P2031 Crystal-Clear Labels @ $3.98 $_____
___ P6030 White Gloss Labels @ $3.98 $_____
Add 40¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

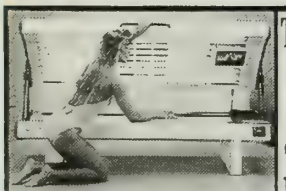
STOP BY MAIL

LOWEST PRICES

BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DUETTES / MICROS/ 1" MINI / VERTICALS
REAL WOODS / PLEATED
FREE UPS SHIPPING NO. 1 IN CUSTOMER SERVICE
TEXAS FRIENDLY SPOKEN HERE

PREMIER BLIND COMPANY
CALL TOLL FREE FOR INFORMATION & PRICE QUOTES
1-800-441-1288
FAX 409-542-1382
317 E. HEMPSTEAD GIDDINGS, TEXAS 78942

WHOLESALE
WALLCOVERINGS
CALL US WITH BOOK NAME & PATTERN NUMBER
36% to 50% OFF
MICROS • MINIS • VERTICALS • PLEATED
BLINDS
UP TO 70% OFF
FREE SHIPPING NO SALES TAX (excl. N.J.) BHG
TOLL FREE 1-800-338-4882
HEADQUARTERS WINDOWS & WALLS
8 Clinton Place, Morristown, NJ 07960



TAN AT HOME!
Home & Commercial
WOLFF Tanning Beds
BUY DIRECT
SAVE UP TO 50%!
Call Today
for FREE Color Catalog
and Wholesale Pricing!
1-800-228-6292

WALLPAPER LIKE THE PROS

Instructional video takes you step by step from start to finish. Many problem areas covered. Guaranteed to save you time and money. No matter how much paper you've hung call LINCOLN VIDEO, INC. 1-800-695-HANG. ~~$16.95~~ $14.95 plus $3.00 shpg. Visa & M.C.

WINDOW EXPRESS
1" MINI BLINDS
SHIPPED IN 7 DAYS
CUSTOM MADE
1" Mini Vinyl from $12!
1" Aluminum from $15!
PVC Verticals from $42!
Free Shipping On Most Items
Also
• Levolor • Kirsch • Del Mar • Louver Drape
SUPER SAVINGS ON
WALLPAPER
CUSTOM WINDOWS & WALLS
32525 STEPHENSON HWY MADISON HGTS, MI 48071
1-800-772-1947
Or 1-800-777-7747



HOME PLANNING KIT.
Now you can design like a pro. This planning kit has all the walls, windows, doors and furniture you need to create a 3-D, ½" scale model of your home. Everything is included from patio doors to a piano. There's even an interior design booklet. Before you spend a dime on your construction or remodeling project, invest $17.50 (plus $3.50 postage) in the Peachtree Planning Kit. Money back if not delighted. VISA or Mastercharge. Call 800-447-4700 ext 626.

WALLCOVERING
Every Book & Pattern
Never Undersold
Free UPS Delivery
UP TO 75% OFF
WAVERLY FABRICS UP TO 50% OFF
LEVOLOR BLINDS 68% OFF
Also Delmar, Bali, Graber, HunterDouglas
NATION WIDE
1-800-537-WALL

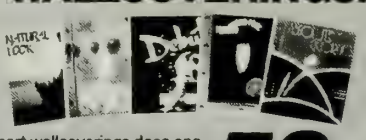


"FRESH FLOWERS FROM HAWAII"
EXOTIC PROTEAS OR TROPICAL FLOWERS
Satisfaction or a Full Refund
ORDER YOUR BOUQUET OF ALOHA NOW!
Send $43.50 to: MAUI IN A BASKET
P.O. BOX 330370, KAHULUI, HI 96733
Please specify: PROTEAS or TROPICALS

UP TO 80% OFF Dept Store Price Lists
VERTICALS
DUETTES
MINIS
All national brand names all types of window coverings call with brand names, pattern name & color ● 6 days a week M-F 8 to 8 Sat 10 to 3
800-877-8590
THE BLIND WORKS
No sales tax outside NJ
VISA MASTERCARD
FREE UPS SHIPPING
THE SMART SHOPPERS CHOICE

ARE YOU A PLANT KILLER?
STOP UNDER & OVER WATERING
Amazing water absorbing crystals, added to soil, time-release water to your plants. Reduce watering your plants by 75% — increase your plant growth by 25% — use indoors and outdoors. Non-toxic — USDA Lic. Receive enough crystals for 24 plants! Lasts for 5 years. *100% guaranteed.* Send $9.95 check or money order to: **AMG Marketing,** P.O. Box 28431, Philadelphia, PA 19149.
WATER PLANTS EVERY 3 WEEKS!!

WE DO WALLCOVERINGS.



Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to... 50% OFF RETAIL

SMART FEATURES
• Free UPS shipping!
• Most orders shipped within 3 days!
• Absolute lowest prices guaranteed!

CALL TOLL FREE 1-800-677-0200
VISA MasterCard
SMART WALLCOVERINGS
"Where a smart shopper is our best customer."



MINI BLINDS
Mini blinds ava
direct from the factor
75% off retail. We gua
ship your national bli
in 5 days or they're FR
For info. call NATI
AL BLIND FACTO
at 1-800-477-8000.

THE HOME LANDSCAPER
Revolutionary! The first landscape book to offe
beautiful, professionally designed front & back
landscapes that the reader can do himself or hire done—each design is backed by complete set of construction blueprints & regionalized plant lists! $11.95 Ppd. HOME PLANNERS, INC., Dept. BHE07, 3275 W. Ina Rd., #110, Tucson, AZ 85741.



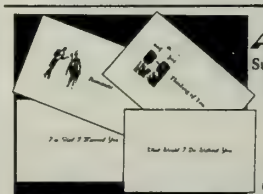
WALLPAPER-SAVE 35-75%
On all nat'l brand wallcoverings! Orders proce
the same day & s
shipped within 3 wor
days! Free UPS ship.
sle-free return policy e
inates any risk! Call us
free with book, nam
pattern no. at 1-800-
5300 AMERI
BLIND & WALL
PER FACTORY, 2
Orchard Lake Rd.,
mington Hills, MI 48



ELEGANT ONYX COLLECTION
Home or office gets an international flavor with
handmade natural Onyx, highly polished pieces. A truly unique gift that will last forever. Vase $15.99; Bowl $27.99; Pedestal bowl $29; Trio Set $69.99. Catalog $4 (refunded with first order). Add $4 s&h. CATHEXIS GIFTS, 230 N. Michigan Ave., Suite 950, Chicago, IL 60601.



IT'S GREAT!
Judy's Best
Potato Sala
The best potato salad you've
eaten. Order Judy's recipe and
potato salad will be the talk of the picnic! Guaran
Send $3.00 to: PHILIPPS MARKETING CO
21765 Viking Blvd. N.E., Suite 23, Wyoming, MN 5



ALL OCCASIO
Super Buy
Only
$9.95
52
Cards
Recapture the moment with a single thought. No hassle of shopping for the rig
in a Card Store. You can have it all in a box of Four All Occasions. Each box c
4 categories with 13 different cards in each category—romance, thinking of you,
and special occasions. Buy now! Don't wait... Enclose check or money order
Florida residents add sales tax (6%) Plus $1.50 for postage per box. Order tod
FOUR ALL OCCASIONS - P.O. Box 20984 - Tallahassee, FL

How To Order

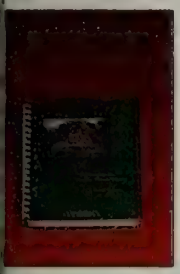
THE ART AND CRAFT OF A TIMBER FRAME



me Builder's Set of Eight $195.00
ntractor's Set of Five $165.00
lividual Home Plan $120.00
ditional Sets of Same Plan $25.00

Complete, Ready-to-Use Plans
All *Better Homes and Gardens®* Home Plans include a materials list for easy estimating, full outline of specifications, and complete drawings including: exterior elevations; foundation plans showing structural support and type of material; floor plan dimensions for each level; roof plan details; kitchen and bathroom cabinet details; and a money-saving list of energy-efficient specifications.

Quality Plans at Great Savings
Enjoy tremendous savings by ordering our **Eight-Set Home Builder's Package** which includes eight complete sets of the plan for only $195.00! The Home Builder's Package gives you enough plans for your General Contractor, Building Permit Department, Bank/Loan Company, Interior Designer, Electrical Contractor, Plumber, Heating/Ventilating Contractor, and YOU! You may also choose the **Five-Set Contractor's Package** for just $165.00, or order **Individual Plans** for $120.00 with additional sets of the same plan at only $25.00 each.



Planning the Timber Frame Home: A Design Primer is a newly published guide featuring 16 color photos of finished homes and lots of helpful illustrations. Offering a wealth of practical insight on design, construction, finance, and more, this book is highly useful for any home building project. Includes 24 home plans on fold-out pages including Cape Cods, traditional two stories, saltboxes, gambrels, ranches, split levels, clerestory, and combination designs. A quality paperback, 108 pages.



The Timber Frame Home: Design, Construction, Finishing is authored by industry expert Tedd Benson and contains 97 color photos and 140 technical drawings. A quality paperback, 240 pages.

GOOD FOOD/GOOD HEALTH

Canapé Hors d' uvre Cut- Set will let cut fruits vegeta- into fun pes. Also the cut- for pas- s, cook- and hors uvres. The

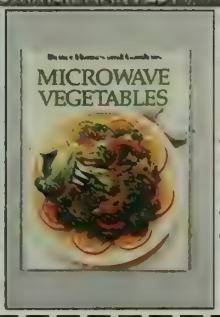


includes twelve cutters ranging in size from nch to ¾ inch in diameter shipped in the dy metal storage tin shown.

SUMMER HARVEST



This aluminum **Tart Pan** is 10 inches in diameter and features a removable bottom.



Microwave Vegetables is the cook book written because the microwave and veggies naturally go together! Recipes are quick, easy, and full of flavor; additional features include a unique vegetable buying guide and vegetable cooking charts. Hardcover, 80 pages.

Send check or money order to:

Name _____

Address _____

City _____

State _____ Zip _____

Better Homes and Gardens SHOPPING CENTER

Dept. 2LA, Box 374
Locust at 17th
Des Moines, IA
50336

Page	Description	Qty.	Price	Total
THE ART AND CRAFT OF A TIMBER FRAME				
53-56	No. 19265 Timber Frame Home Plan			
	(All Prices Shown Above)			
59-66	No. 02313 *Planning the Timber Frame Home: A Design Primer*		$20.00	
59-66	No. 02308 *The Timber Frame Home: Design, Construction, Finishing*		$19.95	
GOOD FOOD/GOOD HEALTH				
40	No. 31054 Canapé and Hors d'Oeuvre Cutter Set		$ 5.99	
SUMMER HARVEST				
97-103	No. 31228 10-Inch Tart Pan		$ 4.99	
97-103	No. 16291 *Microwave Vegetables*		$ 7.95	

*TAX NOTE: We are required to collect and pay STATE taxes in: Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania and Wisconsin. We are required to collect and pay STATE/LOCAL taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia and Washington.

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

**Shipping and Handling:
For orders up to $10.00 ...$2.15
$10.01 to $20.00 .....$3.00
$20.01 to $30.00 .....$3.75
$30.01 to $50.00 .....$4.35
Over $50.00 .....$4.75

Credit Card Orders Speed Delivery!
Fill in the lines below or CALL TOLL FREE 800-678-2672.

Credit Card No. _____
Expiration Date _____
(Month/Year)

100% MONEY-BACK GUARANTEE if not completely satisfied!



Four Seasons® designs the kitchen you've always wanted.

Make any room big and bright with a Four Seasons sunroom or patio room. Professionally installed or save big and do-it-yourself with our pre-assembled sections.

Call or write for a FREE BROCHURE or remodeling catalogs, only $10.00. Visa or MasterCard accepted.

CALL FREE 1-800 FOUR SEASONS
(1-800-368-7732)

FOUR SEASONS SOLAR PRODUCTS CORP.
5005 Veterans Memorial Highway, Dept. A7
Holbrook, NY 11741

Over 270 independently owned and operated franchised locations worldwide.

FRANCHISE OPPORTUNITIES AVAILABLE!

FOUR SEASONS™
Design & Remodeling Centers

GREENHOUSES • SUNROOMS • PATIO ROOMS
WINDOWS • DOORS • SKYLIGHTS

Outdoor Living...Indoors™

©1990 Four Seasons Solar Products Corp.

THE MAN NEXT DOOR®

■ Now that our various lettuce crops are coming on strong, I understand why good times are called "salad days."

■ The animal rights movement has spawned a plant rights movement, with Burt, Jr., arguing that weeds have just as much right to live as broccoli.

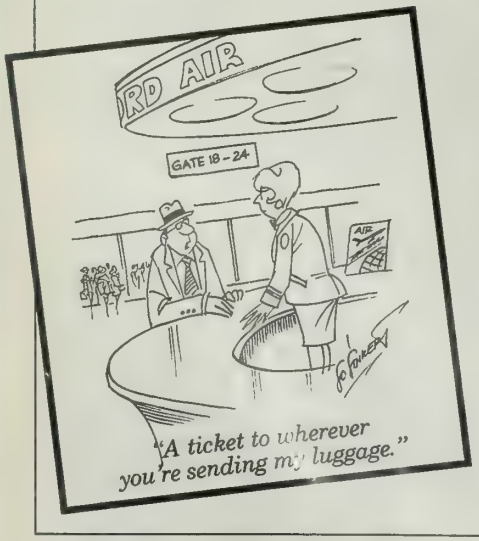
■ Our Judy is into fashion with a vengeance these days. She's complaining that the wealth of stories in her teen magazine makes it hard to find the clothing ads.

■ "We don't need the Fourth of July to see fireworks," reports small-town resident Aunt Opal. "Mother Nature holds a display every evening as the daylight fades and the fireflies come out."

■ Chris says that being a real estate agent in summer is easy. "Just show your houses around 6 in the evening, when the neighborhood barbecues perfume the air."

■ My office mate, Bill Minchin, suspects that most memos would be a lot shorter if they had to be written out in longhand.

■ Our banker, Helen Newsome, says that the savings and loan scandals have affected her business. "Customers still ask about loans, but now they want to lend *us* money."





■ "Remember when 'literature' meant Dickens and Shakespeare," muses editor Earl Reeves, "and not the brochure you pick up when you're thinking about buying a car?"

■ Elaine Cowan is boiling mad at the media. "I can't even go out to the mailbox anymore without worrying about catching Lyme disease on the way."

■ "We had sun blocks when I was a girl," reports Grandma Hillis. "Only, in those days we called them parasols."

■ After editor Earl Reeves counseled him to "write what you know best," a despondent would-be author replied, "But I don't think there's much of a market for rejection letters."

■ Between softball, camp, swimming lessons, part-time jobs, and a slate of other summer activities, our kids are busier on vacation than I am at work.

■ Liz Randall, mother of five, says that her idea of the ideal summer vacation involves packing up the family, driving to a remote mountaintop, dropping everyone off, and coming back home alone for a week of peace and quiet.

Rosemary is home from college for the summer, a little older and a lot wiser. She's more adult than child now, fiercely independent and confident enough to work out her own problems.

When Rosemary was in high school, she and I sometimes worked on those especially knotty problems together. She'd start by saying, "Dad, I could really go for a raspberry ice-cream cone." That was our secret signal to get out of the house and talk things over. Scrunched into a booth at the ice-cream shop, we usually resolved the crisis in short order.

Last Saturday, I knew something was troubling her, so I asked, "Care to step out for a raspberry cone?"

She sighed, and smiled, and gave me a long, deep hug. "Thanks, Daddy. But I'll pass."

Tinged with sadness, I turned to leave. Then she said, "How about a cup of coffee?"

The menu may have changed, but the tradition lives on.

Burton Hillis

August

PERENNIAL GROWING TIPS • VICTORIAN GARI

3 9042 02349817 0

Better Homes and Gardens®

ST 1990

MMER STYLE

RETTY ON THE PORCH

BULOUS RECIPES

Y GET-TO GETHERS

BURLINGAME
JUL 5 1990
LIBRARY

AFH

#31C*****9N
11-BRLPRM-480995
SEP90 ED 09494 02
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010

VING IN E COUNTRY

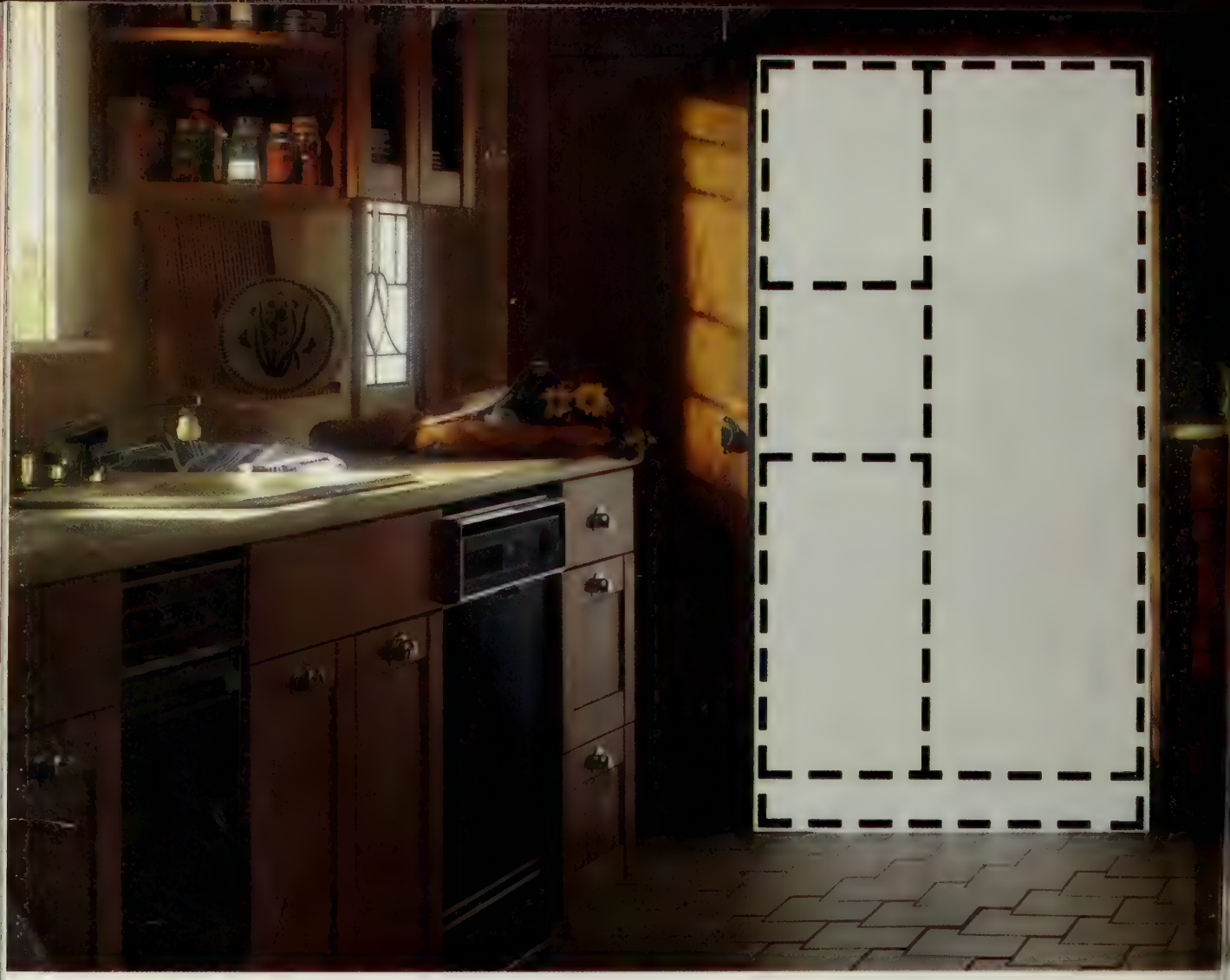
TO MAKE THE AM COME TRUE, Page 79

$1.75

08

140060

0 140055 7



Why wait for a refrigerator that stops spills cold

It's happened before. Something spills on one shelf of the refrigerator. And it drips down on the next shelf...and the next shelf...and a little spill becomes a big clean-up job.

Maybe someday all refrigerators will be designed to keep these accidental spills from spilling all over. But Whirlpool has refrigerators that can do it today.

DesignerStyle™ side-by-side models have our exclusive SPILLGUARD™ glass shelves. They're designed to keep up to a big 12-ounce spill from becoming a big mess.

You'll find these Whirlpool® refrigerators filled with ideas that make them easy to clean. Like shelves that slide out. Tracks that attach without brackets. And door bins that snap in and out with simple buttons. All behind our famous textured steel doors. So clean-up takes up as little time as possible.

When you want crushed ice, ice crescents, o chilled water, our 25 cubic-foot side-by-side model serves them all right through the door.

Whirlpool refrigerators, like every applianc we make, are built to work hard and last a long

©1990 Whirlpool Corp. ®Registered trademark/TM trademark of Whirlpool Corp.

Whirlpool has it today.



time. For more information on DesignerStyle refrigerators, or any of our appliances, just call 800-253-1301, toll-free, 24 hours a day.

So why wait for a refrigerator that gives you all this, and stops spills cold? Whirlpool has it today.

Whirlpool
Home Appliances

Quality you can count on...today.



©1990 ConAgra, Inc. Weight Watchers® is a registered trademark of Weight Watchers International. Right Course,™ Lean Cuisine® and Stouffer's® are registered trademarks of Stouffer Food Corp.

NEW HEALTHY CHOICE® ENTREES.

NOW HEALTHY CHOICE INTRODUCES TEN DELICIOUS ENTREES LIKE BEEF PEPPER STEAK, GLAZED CHICKEN, CHICKEN À L'ORANGE AND LINGUINI WITH SHRIMP. THEY'RE ALL LOW IN FAT, SODIUM AND CHOLESTEROL AS WELL AS CALORIES. SO EAT LIGHT AND EAT RIGHT, STARTING WITH A HEALTHY CHOICE ENTREE.



BRAND ENTREES (Line Averages)	FAT (% of calories)	SODIUM (mg)	CHOLESTEROL (mg)	CALORIES
Healthy Choice®	13	353	37	237
Stouffer's®	48	1030	N/A	365
Weight Watchers®	32	794	51	276
Lean Cuisine®	29	852	61	259
Right Course™	25	575	40	284

LISTEN TO YOUR HEART. MAKE A HEALTHY CHOICE.®

TABLE OF CONTENTS

AUGUST 1990; Vol. 68 No. 8

ON THE COVER

45 Summer Style
Sitting pretty on the porch
79 Living in the Country
How to make the dream come true
89 15 Fabulous Recipes *For family get-togethers*

BETWEEN FRIENDS

14 Editor's Letter
How businesses are helping homeless families
20 Family Network® *Letters from our readers*
16 Helping Homeless Families
The second annual Great American Yard Sale
150 The Man Next Door®
Writes about family, friends, and neighbors

FOR YOUR HOME

22 Home Style *It's the berries!*
28 Country Decorating Goes Uptown
It's leaner and cleaner, but still packed with charm
45 Sittin' Pretty on the Porch
Ideas for the perfect summer getaway in your own backyard
65 Environment: Battle of the Bugs
Reducing pesticide dangers
122 Keeping Fido out of Court
Rights and responsibilities of pet owners
131 Sunflowers *A room of blooms for you to craft*

FAMILY MATTERS

39 When Good Praise Is Bad
Boosting your child's self-esteem can backfire
126 Living History Farms and Museums
Step back into the good old days

continued



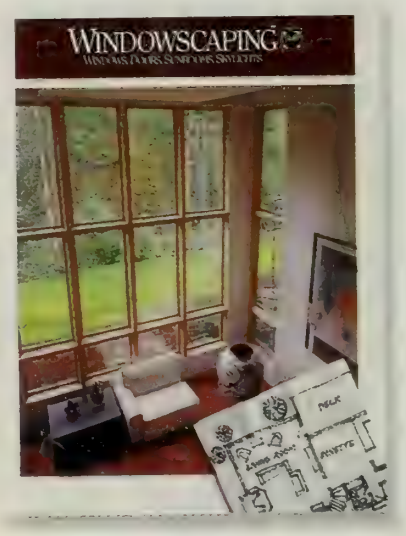




Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. AUGUST, 1990. Vol. 68, No. 8.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.

IF INSPIRATION DOESN'T COME TO YOU, SEND FOR IT.



FREE

For 20 colorful pages of Pella Windowscaping℠ ideas, call 1-800-524-3700 toll free. Or send this coupon to: Pella Windows and Doors, Dept.C002HO, 100 Main Street, Pella, Iowa 50219.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

I plan to ☐ build ☐ remodel ☐ replace.

This coupon answered in 24 hours.

Also available throughout Canada. © 1990 Rolscreen Company.

Pella

BUILT TO IMPOSSIBLY HIGH STANDARDS. OUR OWN.™

C002HO



CONTENTS

GOOD FOOD

41 **Good Food/Good Health**
What to do when the water you drink isn't pure

89 **Great Food for Family Reunions**
Potluck recipes for family gatherings and outdoor fun

97 **How to Use Nutrition Information**

111 **Prize Tested Recipes®**
Peach and Nectarine Desserts, Potluck Casseroles

114 **Win Money for Your Recipes**

GARDENING

57 **Artful Arbors**
Classic design for today's gardens

67 **A Passion for Perennials**
Summer color in a St. Louis garden

BETTER LIVING

79 **Field of Dreams**
How to make country living a reality

SHOPPING

76 **Buying Guide**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

76 **Directory of Architects and Designers**

141 **How to Order**
Special offers, project plans, and kits featured in Better Homes and Gardens® magazine

142 **Shopping Editor's Choice**

For service on your subscription, including change of address, write to ***Better Homes and Gardens®*** *Customer Service Manager, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free* **1-800/678-2666.**

WE CARE!

BRAWNY'S ART FOR THE MESSES.



Brawny, the artist with two of his latest prints.

Thanks to these new Brawny® prints, paper towels have just been elevated to a new form of art that is both beautiful and functional.



Close-ups of the hearts and leaves, and cubes.

They're beautiful because there are seven new bold designs, some featuring two colors.

They're functional because Brawny has the biggest sheet you can buy, so they're big enough and tough enough for even the messiest spills.



The Big, Tough™ Towel.

And since Brawny paper towels can be found in the supermarket, this is one piece of art everyone can afford to hang on their kitchen wall.

© 1990 James River Corporation

Now The Change Of Life Doesn't Have To Change Yours.

Today, the change of life doesn't mean you have to feel "middle-aged" just because you're going through menopause. Throughout the menopausal years you can, and should, expect to be free from the symptoms that can disrupt your life.

Estraderm:

The Enlightened Approach To Menopause

Menopause isn't "all in your head." The hot flashes, the night sweats that can cause insomnia, and vaginal dryness all have a very real, physical cause: the loss of your body's estrogen. Estraderm® relieves menopausal symptoms by replacing that estrogen in a natural and revolutionary way: through your skin.

Estraderm Works The Way Your Body Does

Estraderm is a clear, round patch that



delivers small, steady doses of natural estrogen similar to the way your ovaries did before menopause: directly into your bloodstream. It is the same estrogen your body produced and because you don't ingest it, Estraderm bypasses your liver and your stomach. Estraderm is easy to apply and stays put during bathing.



What To Ask Your Doctor About Estrader

Estraderm is being used safely and effectively by millions of menopausal women. learn whether it would benefit you, here are so questions you might want to ask your doctor:

Q: Is the Estraderm Patch right for me?



© 1989, CIBA 109-5720-A

What are the benefits of Estraderm?

Can Estraderm help relieve vaginal dryness?

How long will I need to wear The Patch?

A Free Menopause Information Pack

The pharmacists and physicians at CIBA
ve compiled the latest information about your
alth during menopause. To receive it free, call
800-521-CIBA, or send the coupon.

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK MAIL TO CIBA, PMSI STA., P.O. BOX 13217, BRIDGEPORT, CT 06673-3217

1-800-521-CIBA

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BH-01

ESTRADERM®

ESTRADIOL TRANSDERMAL SYSTEM

available in 0.05 mg. and 0.1 mg. strengths.

For brief summary information on Estraderm, see next page.

ESTRADERM®

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type asscciated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptive use:

Genitourinary System: Breakthrough bleeding, spotting; change in menstrual flow; increase in size of uterine fibromata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm² system contains 4 mg of estradiol USP for nominal" delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-2312
Carton of 6 Patient Calendar Packs of 8 Systems .....NDC 0083-2312
Carton of 1 Patient Calendar Pack of 24 Systems .....NDC 0083-2312

Estraderm 0.1 (estradiol transdermal system)—each 20 cm² system contains 8 mg of estradiol USP for nominal" delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-2313
Carton of 6 Patient Calendar Packs of 8 Systems .....NDC 0083-2313
Carton of 1 Patient Calendar Pack of 24 Systems .....NDC 0083-2313

"See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

Printed in U.S.A. C88-23 (Rev.

CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

109-



Presenting...

SANTA AROUND THE WORLD

Christmas Ornaments

Santa in Scotland shown actual size.

Delightful hand-painted bisque porcelain ornaments portraying Santa in authentic national costumes.

© 1990 MBI

Claus...ambassador of goodwill. centuries this jolly old soul has tening our lives by sliding down bearing gifts and the promise of gs.

e Danbury Mint is pleased to *Santa Around the World s Ornaments*, an exclusive of superbly crafted ornaments g Santa Claus charmingly in the native dress of different

iculously handcrafted, armingly costumed.

warming ornament is sculpted sque porcelain and delicately ed to capture the charm and nta Claus.

Ireland, dressed as a leprechaun, ot of gold. In Mexico we see ed in a poncho and sombrero, a guitar. While visiting Scotland s a reel on his bagpipes, and ssia he enjoys a folk dance.

There are 18 enchanting ornaments in all, each complete with a golden hanging cord. Your collection will be accompanied by a custom-made storage box and a serial-numbered Certificate of Registration, at no additional cost.

A Danbury Mint exclusive.

Available exclusively from the Danbury Mint, *Santa Around the World Christmas Ornaments* are priced at just $16 each. Your first and last ornaments will be shipped individually. In between, you will receive two ornaments every other month, but you need only pay for one ornament per month.

To start this heirloom collection, you need send no money now. Simply return the Reservation Application.

the Danbury Mint

47 Richards Avenue • Norwalk, Conn. 06857

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *Santa Around the World Christmas Ornaments*, a collection of 18 hand-painted bisque porcelain ornaments. A storage box will be included at no additional charge. The cost of each ornament is just $16.*

I need send no money now. My first and last ornaments will be shipped individually. In between, I will receive a set of two ornaments every other month. I need pay for only one ornament per month. If I am not satisfied, I may return any ornament within thirty days for a replacement or refund. This subscription may be canceled by either party at any time.

*Plus any applicable sales tax and $1.50 shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you wish each ornament charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

K13

Better Homes and Gardens.

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Directors
JERRY J. RANK PAUL ZIMMERMAN
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Interior Design Editor ROBERT E. DITTMER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Associate Editor REBECCA JERDEE
Editorial Assistant SUSAN McBROOM

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Associate SCOTT R. TOLAN

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.;
MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego;
HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa;
BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas;
MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.;
MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Manager SUSAN D. STORY Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER, ROBERT KURTZ,
CHRIS OGAARD, DEBRA SANDERS, NEIL ORNE, KAREN EVERETT, MATTHEW PETERSEN, RORI BERSE
Direct Response; Manager NICHOLAS L. DISTASIO
Account Executive PATTI FOLLO New Jersey: HAMILTON D. WEBSTER Minneapolis: RICK WHEELER
Atlanta: Southern Manager JAMES J. SOMMERVILLE Southeastern Manager KELTON LYONS
Chicago: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY Detroit: Mideast Manager RICHARD MONLEY Account Executive: JANET DAVY
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL Los Angeles: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Publishing Services Director TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: LEO R. ARMATIS, Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. SELL Corporate Controller and Assistant Secretary LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens® Magazine, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name Address Apt. # City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate

12 issues $16. Add $12 a year for Canadian or foreign orders.

☐ Renewal ☐ New Order

For Fast Service...

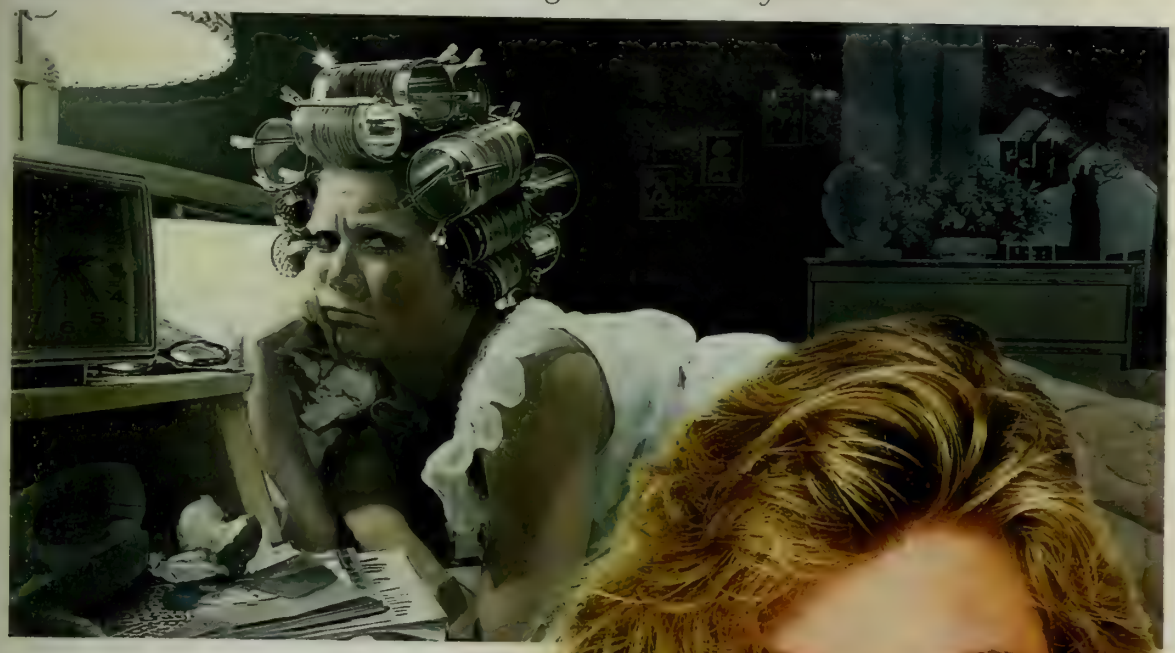
...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

1-800-678-2666

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 5033

Back in 1967, the sleep women lost to look good would curl your hair.

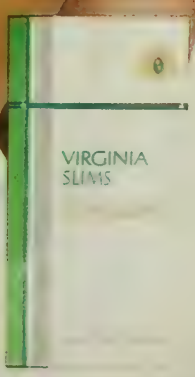


IRGINIA SLIMS

OU'VE COME A LONG WAY, BABY.

"tar," 0.5 mg nicotine av. per cigarette by FTC method. © Philip Morris Inc. 1990

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



A sleek shape. A cool taste.
Clearly a menthol
made with women in mind.

©1990 TI



TEXAS
INSTRUMENTS



There Is Virtually No Illiteracy In Japan.

Today the competition isn't just the student in the next row or the next town. The competition is sitting in classrooms all over the world. How well our students master the basics is at the core of the issue. And America's teachers can't do it alone.

At Texas Instruments, mastering the basics is the central idea behind our tools for learning.

Each was developed with America's foremost educators; using proven learning principles to create engaging ways for children to want to spend time learning the basics at home. So your child can do even better in school.

Each tool also addresses a specific phase of learning that can begin as early as infancy. Together these tools for learning form the TI Learning Path™ that matches the right concepts to the right time in your child's development.

In addition, our classroom calculators, preeminent tools for learning arithmetic and math, support the curriculum guidelines of the National Council of Teachers of Mathematics.

Just imagine if you'd had them when you were growing up.

TOOLS FOR LEARNING FROM
Texas Instruments

BECAUSE OUR NEWEST GENERATION MUST BE OUR SMARTEST GENERATION.



FREE!



24 colorful pages of window and patio door facts.

This colorful booklet will be helpful whether you're building a new home, remodeling or replacing windows. It features photos and explanations of Andersen windows, patio doors and roof windows. As well as information on basic sizes, energy facts and more. To learn more, see your Andersen dealer (in the Yellow Pages under "Windows").

For your free booklet, call 1-800-255-2550 toll free. Or mail this coupon to Andersen Corp., Box 12, Bayport, MN 55003.
I plan to ☐build ☐remodel ☐replace.

Name 002-0890

Address

City State Zip

( ) Phone

Come home to quality. Andersen Windows · Patio Doors ™

Andersen

88013 © 1988 Andersen Corp.

EDITOR'S LETTER

AUGUST, 1990



GEORGE CEOLLA

LOOKING GOOD, FEELING GOOD, DOING GOOD!

Dear Readers,

Lots of companies are offering rebates on lots of products these days—on everything from flashlight batteries to trucks. And some companies are starting to use their rebate promotions in a way I applaud. It's referred to in the business as "cause-related marketing." In plain language, that means donating part of the profits from the promotion to a charitable cause.

Recently, the Hanes folks, who make and sell underwear, socks, sweatsuits, and other casual clothes, told me of just such a proposition. This year, during the back-to-school season in August and September, Hanes is offering a rebate on all Hanes and Hanes Her Way products. You'll see counter cards with the Hanes displays in stores where you shop. Attached to these cards will be rebate coupons you can send to Hanes, along with proof of purchase, to get as much as $15 in rebates, depending, of course, on how much you spend.

There is also a rebate coupon in this issue of *Better Homes and Gardens*® with the Hanes ad on the page opposite. So far, a pretty standard rebate deal. But, the reason I'm so excited is that for each coupon you send in, Hanes has promised to donate 20 cents to The Better Homes™ Foundation to help homeless families! Based on past experience, this could amount to several hundred thousand dollars. You can also check a box on the coupon asking Hanes to send *all* of your rebate to the foundation, as well—a painless way to contribute.

I think folks will respond well to the notion that a part of their consumer dollars will go to help homeless families. As you can see from the photo above, my grandson Alex and I are enjoying our new Hanes sweats. I hope you'll try some Hanes products, too, and send in those rebate coupons.

Also in this issue you'll see two more examples of the way businesses are helping The Better Homes™ Foundation help homeless families. Again this year, the *Better Homes and Gardens* Real Estate Service has asked member firms to participate in the Great American Yard Sale on August 11. Look for the name of your local *Better Homes and Gardens* Realtor in the article on *page 16* and reserve that Saturday for bargain hunting.

This article also will tell you about a wonderful new joint program of The Better Homes™ Foundation and the Ronald McDonald Children's Charities to start prenatal care programs for homeless mothers in 10 cities.

I congratulate Hanes, McDonald's, our own Real Estate group, and every other American business that's doing something to help with our many social problems. If we all do what we can, together we can do a lot. So, don't you need a bright new sweatsuit, and wouldn't your kids love some Teenage Mutant Ninja Turtles underwear?

David Jordan

David Jordan, Editor in Chief



Save On Hanes Her Way And Help A Homeless Child.

Now when you buy any Hanes Her Way™ apparel product, you're also helping a homeless family. For every rebate coupon redeemed, Hanes Her Way will donate 20¢ to The Better Homes™ Foundation, founded by *Better Homes and Gardens Magazine*. This means help with jobs, housing, medical aid, education, and especially help for homeless children. So purchase Hanes Her Way products today. And give a homeless child a better tomorrow.



ave up to $15.00 by mail on Hanes Her Way™ and help a homeless child, too.



r good July 15-October 12, 1990.
T: Maximum of $15.00 refund per ehold, group or organization. Offer l only in U.S.A. Void where prohibited, l or restricted by law. Redemption of rate or overlapping offer on same gar- or combining with other offers is pro- ed. Please allow 8 weeks for delivery. for other special savings on Hanes® s and Boys' products.

)90 Hanes Her Way, Inc.

You can save up to $4.00 on Hanes Her Way® Bras and Light Control Panties; up to $4.00 on Women's and Girls' Cotton Panties; up to $4.00 on Women's and Girls' Socks; and up to $3.00 on Women's and Girls' Activewear. (Offer includes ShowToons® and Hanes For Tots™) Save up to $15.00 in all! And for each valid rebate request, Hanes Her Way will donate 20¢ to The Better Homes™ Foundation for Homeless Families. Just send us this completed coupon, cash register receipt(s), and the specified number of proofs-of-purchase (UPC symbol(s) for Bras, Panties, and Socks; hangtag(s) for Activewear).

Name _____

Address _____

City _____

State _____ ZIP _____ (Required)

Store where purchased _____

Product	Number of Proofs-of-Purchase	Dollar Value	Refund
Women's Bras/Lt. Control Panties	_____ x $1.00 =	_____	_____ ($4.00 max.)
Women's/Girls' Cotton Panties	_____ 3-Pack x $1.00 =	_____	
	_____ 6-Pack x $2.00 =	_____	_____ ($4.00 max.)
Women's/Girls' Socks	_____ 3 pairs/pkg. x $1.00 =	_____	
	_____ 6 pairs/pkg. x $2.00 =	_____	_____ ($4.00 max.)
Women's/Girls' Activewear	_____ # of Garments x $1.00 = (Send Hangtag(s))	_____	_____ ($3.00 max.)
		TOTAL REFUND $	_____ (Max. $15.00)

☐ To help homeless families even more, please donate my entire rebate to The Better Homes Foundation.

1 to: Hanes Her Way/Better Homes Refund Offer, P.O. Box 4670, Monticello, MN 55365-4670

The Better Homes™ FOUNDATION
HELP FOR HOMELESS FAMILIES

Hanes Her Way™

HELP US HELP HOMELESS FAMILIES



STEVE BJÖRKMAN

JOIN THE SECOND ANNUAL GREAT AMERICAN YARD SALE!

Saturday, August 11, 1990

Our nationwide Great American Yard Sale last September was such a smash—raising more than $100,000 to help homeless families—that we're going to do it again this year! And we're inviting you to join in the fun. Mark the date now—Saturday, August 11, 1990.

Sale proceeds will help homeless families through The Better Homes™ Foundation, the nonprofit organization we first announced in October 1988, and through local programs working with homeless families.

More than 150 members of Better Homes and Gardens® Real Estate Service are participating this year. Check the list on this page and the next to see what's happening in your locale. Then give a call. You can help by gathering goodies from your home now to donate to the sale, pitching in on organization details, and, of course, loosening your purse strings on the day of the sale.

PARTICIPATING MEMBER FIRMS, BETTER HOMES AND GARDENS® REAL ESTATE SERVICE

ALABAMA
Billy Isom Realty, Jacksonville/Anniston, 205/435-4070

ARIZONA
Denton Real Estate Co., Tucson, 602/575-4000
Mountain Vista Realty Inc., Sierra Vista, 602/458-1811

ARKANSAS
Hawks Realty, Inc., Conway, 501/327-3972
The Professionals Inc./Rogers Land Co. Inc., Rogers, 501/636-1298

CALIFORNIA
Academe Real Estate, Atascadero, 805/461-0888; Paso Robles, 805/238-1002
Askin Town & Country Properties, Poway, 619/679-8227; Ramona, 619/789-8050
Bohlinger, Realtors, Santa Ynez, 805/688-6456
Braucht Realty, Fullerton, 714/870-9620
Cal West Real Estate, Santa Paula, 805/525-5523
Carlson Realty, Inc., Gilroy, 408/842-1111
Coast & County Brokers, Los Osos, 805/528-2000
Coast and County, Realtors, San Marcos, 619/744-5610
Country Faire Realty, Santa Maria, 805/349-1113
Desert Wide Real Estate, Inc., Palmdale, 805/273-0950
Devlin Realty, Wrightwood, 619/249-6017
Dippell, Los Angeles, 213/461-3701
Dover Realty, Fairfield, 707/422-4233
Ebbert's Heritage Realty, Lompoc, 805/733-4567
Empire Realty, Riverside, 714/681-9976
First, Redlands, 714/793-2283
First Realty, Torrance, 213/373-9566
First Realty of Palos Verdes Palos Verdes Estates, 213/377-1524
Fox & Carskadon, San Carlos, 415/598-4900
Gorman & Assoc. Realty, Inc., San Bernardino, 714/882-1291
Hamilton Realty, Apple Valley, 619/242-8157
Hometown Brokers, Pleasanton, 415/462-0800
Jennings Realty, Frazier Park, 805/245-2441
Jordan-Link & Company, Visalia, 209/733-9696
L & C, Realtors, Arcadia, 818/446-9192; Monrovia, 818/303-3561
Mason-Churchill Realty, Inc., Camarillo, 805/484-2744
Morgan Properties, Inc., Morgan Hill, 408/779-4144
Pacific Heartland Realty, Ukiah, 707/462-0555
Petermann Realty, Inc., San Luis Obispo, 805/541-2525
Pioneer Properties, Fremont, 415/792-1250
Professional Realty Group, Modesto, 209/524-5544
Ramsey-Shilling Realtors, Los Angeles, 213/851-5512; Toluca Lake, 818/763-5162
Realty America, Hemet, 714/652-6841
Regatta Real Estate Co., Inc., San Diego, 619/224-2736
Southland Properties, Glendora, 818/914-6999
Southwest Realty, Murrieta, 714/677-5611
Suburban Properties, San Diego, 619/287-8161
Sugar Pine Realty, Mi-Wuk, 209/586-3242
The Akin Co. Real Estate, Upland, 714/982-8983
The Property Shop, Vista, 619/724-0601
The Real Estate Center, Downey, 213/862-3334
Unique Real Estate Company, Carlsbad, 619/434-8000; Solana Beach, 619/481-1600
Uvaas Realty, Fontana, 714/350-3335
Walters Real Estate, Simi Valley, 818/348-1720
Wildwood Oaks Realty, Newhall, 805/254-0500

COLORADO
Frontier Real Estate, Inc., Lakewood, 303/988-0500; Littleton, 303/972-8900
Legend Realty, Inc., Englewood, 303/770-5444
McGinnis, Colorado Springs, 719/576-5550
Preferred Property Center, Inc., Cortez, 303/565-8939
Wheeler Realty, Greeley, 303/356-1331

CONNECTICUT
Frank A. Hoinsky Real Estate, Ansonia, 203/732-8080

FLORIDA
All Area Realty, Mt. Dora, 904/383-4153
Ann Ford, Inc., Realtors, Plantation, 305/584-4800
Cypress Realty Inc., Fort Myers, 813/334-1737
Gimelstob Realty, Inc., Indialantic, 407/725-0999
Marie Powell & Associates, Inc., Realtors, St. Petersburgh, 813/381-2345
Ruth K. Davis, Inc. Real Estate, Sebring, 813/382-2000
Schwartz Property Sales, Inc., Key Largo, 305/451-3377
Select Real Estate, Inc., Fort Walton Beach, 800-227-3281

continued on page 18

Mom and Citrus Hill gave my business a healthy start.

Mrs. Grill is more than Jeff's mom. She's also his marketing V.P. And it was her idea that Jeff sell Citrus Hill Fresh Recipe Lemonades. Because they're made with the goodness of the whole lemon—the juice from the heart, a spritz from the peel. Plus, they come in three varieties: traditional, and with a splash of lime or a splash of cherry. Pure, simple, 100% natural Citrus Hill Fresh Recipe Lemonades. Look for them in your supermarket. And at a lemonade stand near you.



Citrus Hill® Fresh Recipe™
lonades for whole-lemon goodness.

©1990 Procter & Gamble Co

GREAT AMERICAN YARD SALE

continued from page 16

GEORGIA
American Home Realty, Tifton, 912/382-4701
Morrison, Realtors, Atlanta, 404/252-6565
Sherman & Hemstreet Inc., Augusta, 800/358-7503
HAWAII
Hale Koa Realty, Inc.,
Honolulu, 808/396-2888;
Kailua-Kona; Kihei, Maui; 808/879-9222
IDAHO
Gate City Real Estate Co., Pocatello, Inc.,
Pocatello, 208/233-6821
ILLINOIS
Krueger Realtors, Naperville, 708/961-5200
McCabe Realtors, Sycamore, 815/895-8111
Strano & Associates, Realtors,
Belleville, 618/277-7653
INDIANA
Buzz Bauer Inc., Realtors, Jeffersonville,
812/283-4455; New Albany, 812/945-2356
Carpenter Realtors, Indianapolis, 317/888-9311
Cressy and Everett, Mishawaka, 219/271-4171
Landmark, Huntington, 219/356-0821
McColly Realtors, Crown Point, 219/756-2110;
Merrillville, 219/769-4131
Pfister, Terre Haute, 812/232-5083
IOWA
First Realty, West Des Moines, 515/224-0600
First Security Real Estate, Waterloo, 319/233-5293
KENTUCKY
C. Roger Lewis Agency, Inc., Morehead,
606/784-4168
Doug Smith Realty Group, Lexington, 606/224-3464
Real Estate One, Realtors, Louisville, 502/244-9966
Sandifer, Realtors, Hopkinsville, 502/886-3055
LOUISIANA
Real Estate Marketing, Lafayette, 318/981-6586
MAINE
Arbor Realty, Gardiner, 207/582-7670
CHR Realty, Bath, 207/443-3333
Soucy-Black Agency, Bangor, 207/942-6711
MARYLAND
O'Brien Realty, Lexington Park, 301/863-2400
Ralph Brown Realty, Frederick, 301/694-9044
MASSACHUSETTS
Hunneman & Company, Realtors, Sudbury,
508/443-3333
MICHIGAN
Blanche-Bekkering Realtors,
Grand Blanc, 313/695-4880
Don Helton, Realtors, Hillsdale, 517/439-9373
First Realty, Inc., Marquette, 906/225-1136
McDevitt Realty, Inc., Jackson, 517/787-1886
Modern Realty Inc., Niles, 616/683-3970
Muladore Real Estate, Inc., Saginaw, 517/799-7460
Rupp & Keen Real Estate,
Traverse City, 616/946-6900
Schweitzer Real Estate, Inc.,
Lansing, 517/393-7002;
Sterling Heights, 313/268-1000;
West Bloomfield, 313/683-1122;
Westdale, Grand Rapids, 616/949-9400
Woodhaven Real Estate, Inc.,
Three Rivers, 616/273-8431
Zanglin & Associates, Realtors, Trenton,
313/675-7500
MINNESOTA
Parkside Realty, Inc., Owatonna, 507/455-2882
Priority 1 Realty, Inc., Hutchinson, 612/587-7788
MISSISSIPPI
Corinth Realty, Corinth, 601/287-7653
Doleac, Realtors, Hattiesburg, 601/264-0046
MISSOURI
Gaslight, Gladstone, 816/436-3600;
Blue Springs, 816/229-8174;
Kansas City, 816-741-7900
MONTANA
Towne and Country Realty, Hamilton,
406/363-4630
NEBRASKA
Gateway of Hastings, Inc. Realtors, Hastings,
402/463-4561
Gateway Realty of Scottsbluff, Scottsbluff,
308/635-3141
NEW HAMPSHIRE
McLaughry Associates, Inc., Realtors, Hanover,
802/649-3830
NEW MEXICO
Associated, Realtors Inc., 505/624-0440
Steinborn Inc., Realtors, Las Cruces, 505/526-4491
NEW YORK
DeMulder Realty Inc., Cooperstown, 607/547-5515
First Federal Realty, Smithtown, 516/366-4000
Park Place Realty, Hauppauge, 516/234-0066
Regency Properties, Realtors, Rochester,
716/385-3420
Shoemaker Real Estate, Elmira, 607/734-7183
NORTH CAROLINA
Alliance Realty Co., Charlotte, 704/332-2542
Bailey Pullen Realty, Tryon, 704/859-9971
First Choice Realty, Elizabeth City, 919/338-5661
Town & Country Real Estate, Goldsboro,
919/734-1100
OHIO
Cutler Associates, Inc., Greater Akron/Canton,
216/493-9323
Galbreath, Troy, 513/339-0508
OKLAHOMA
Home, Realtors, Muskogee, 918/683-4663
John Williams Co., Owasso, 918/272-9531
OREGON
Gibson Bowles Inc., Realtors, Portland,
503/256-9723
PENNSYLVANIA
Coleen Christy Realty, Warren, 814/723-3910
Fish Real Estate, Williamsport, 717/326-1561
Joseph P. Gilroy, Realtor, Kingston, 717/288-1444
Mastros Real Estate, Lancaster, 717/393-5090
McBurney & Co. Inc., New Castle, 412/658-6645
RHODE ISLAND
Albert Realtors, Warwich, 401/732-3399
TENNESSEE
Nelson, Realtors, Maryville, 615/982-0500
Realty Center of Chattanooga, Inc., Chattanooga,
615/756-2811
Town & Country Inc., Realtors, Jackson,
901/668-7000
TEXAS
Covington Realty Inc., Rowlett, 214/475-3943
David Barr, Realtors, Killeen, 817/634-0208
Panian & Mash, Realtors, Abilene, 915/698-4484
Wright and Associates, Laredo, 512/723-6622
VIRGINIA
Berkeley Realty, Inc., Harrisonburg, 703/434-1876
Lois Bowen Realty, Inc., Danville, 804/799-9345
Raines Real Estate, Inc., Blacksburg, 703/552-4201
Rummel and Associates, Realtors, Lake Ridge,
703/690-3800
Savage & Company Realtors, Richmond,
804/320-7191
WASHINGTON
Bell-Anderson Realty, Inc., Kent/Auburn,
206/852-8180
Boone and Boone Realty Company, Lacey,
206/456-8535
Bruch & Vedrich Inc., Issaquah, 206/392-1621;
Everett, 206/353-8402; Redmond, 206/885-9011
Northwestern Realty, Bellingham, 206/733-8442
The Olde Real Estate Co., Friday Harbor,
206/378-2400
WISCONSIN
Advantage Real Estate, Inc., Tomah, 608/372-7653
Chase Inc., Realtors, Appleton, 414/733-7800
First Realty, Inc., Greenfield, 414/529-1880
Lakeshore Ltd., Realtors, Manitowoc, 414/682-0237
WYOMING
Cloud Peak Realty, Sheridan, 307/672-8925
Equity Brokers, Inc., Casper, 307/237-5757
The Key Real Estate Co. Ltd., Cheyenne,
307/635-0311



RONALD MCDONALD CHILDREN'S CHARITIES ENTERS FIGHT TO HELP HOMELESS FAMILIES

The Better Homes™ Foundation and Ronald McDonald Children's Charities have joined forces to sponsor a national project called "Tomorrow's Child." The goal: To help homeless women during pregnancy achieve better health and a more hopeful future for themselves and their babies. Each organization has contributed equally toward the first-year budget of $600,000.

The plan is to set up special programs in five to 10 cities nationwide in 1991 to provide prenatal care, pediatric health care, and related services. The program also will link families with appropriate services and ensure adequate follow-up. The first cities will be named in November; the hope is to include more in 1992.

"Many homeless women urgently need prenatal care, parenting education, and pediatric care for their children," says Ellen Bassuk, M.D., president of The Better Homes™ Foundation. "It's difficult for people without roots in the community to get the help they need, but devastating problems like mental retardation from fetal alcohol syndrome can be prevented with education and care. This program will link homeless mothers with family-oriented practitioners in their communities."

Adds Ken Barun, vice president and executive director of Ronald McDonald Children's Charities: "We must do something to prevent the next generation of kids from repeating the pattern of poverty, despair, and homelessness. We're proud to join with The Better Homes™ Foundation in this effort."

For direct contributions: The Better Homes™ Foundation, Locust at 17th, P.O. Box 10879, Des Moines, IA 50336-0879.

How easy is it to plan a spring baby?

It's not as easy as you might think, but the FIRST RESPONSE® Ovulation Predictor Test can help.

mally it takes 4 to 6 months for most couples to pregnant, which can make it more difficult if want a baby at a certain time of year. The ST RESPONSE® Ovulation Predictor Test helps ming conception, since it detects the none that triggers ovulation.* This you know the one time of month re most likely to get pregnant.

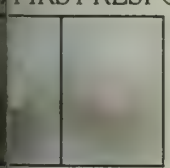


our cycle is not always regular, the FIRST RESPONSE® ulation Predictor Test make nning a baby easier?

Most women have cycles that by 3 or more days. The ST RESPONSE® Ovulation dictor Test has instructions let you know when to start ng. So even if your cycle always regular, this test oles you to predict when will ovulate.

ich over-the-counter ovulation predictor do OB/GYNs recommend most?

FIRST RESPONSE® Ovulation Predictor Test.



It's also the test preferred by more women. The FIRST RESPONSE® Ovulation Predictor Test is very easy to use. In just 10 minutes, a color change from white to pink reference color means you'll ate in 12 to 24 hours. Unlike other ovulation s, there is no need for day-to-day comparisons.

How early can the FIRST RESPONSE® Pregnancy Test tell if you're pregnant or not?

The FIRST RESPONSE® Pregnancy Test is so sensitive, it can detect very small amounts of the pregnancy hormone. That's why this test can tell you if you're pregnant or not on the first day of your missed period. No other home test can be used earlier.

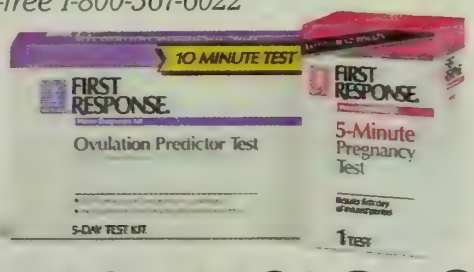
Is the FIRST RESPONSE® Pregnancy Test easy to do and easy to read?

Yes. With the FIRST RESPONSE® Pregnancy Test, there are just a few simple steps to do. In 5 minutes, any time of day, this test gives you a clear, accurate "yes" or "no" result. If it turns pink, you are pregnant. If it's white, you are not pregnant. Either way, there is no confusion.

Is there someone you can talk to about the FIRST RESPONSE® Pregnancy and Ovulation Predictor Tests?

Yes. Our medical information staff is there to answer any questions you may have; to put your mind at ease; and to make conception and pregnancy a happier time for you. Just telephone Monday through Friday between 8:00 AM and 5:00 PM Eastern Time.

Call toll-free 1-800-367-6022



FIRST RESPONSE®
HOME DIAGNOSTIC KITS

One test is worth a thousand guesses.

RESPONSE and the Human Figure Design are the registered trademarks of
A SCIENCES, INC., a subsidiary of Carter-Wallace, Inc. © 1989, 1990 Hygeia Sciences, Inc.
T RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

"With Dr. Scholl's, my feet feel as fresh after work as they do before."

Dr. Scholl's Fresh Step® Insoles are the only insoles that combine two layers of cushioning comfort with a clean, fresh fragrance. They'll keep your feet feeling as fresh at the end of the day as they were at the beginning.

In fact, Dr. Scholl's insoles are so good, they're the first insoles accepted by the American Podiatric Medical Association.

So you're not only getting the right insoles to stand on, but the best people in foot care to stand behind them.

ACCEPTED BY THE COMMITTEE ON PODIATRIC MATERIALS AND EQUIPMENT OF THE AMERICAN PODIATRIC MEDICAL ASSOCIATION

Dr. Scholl's®

© 1990 Scholl, Inc.



FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

As new tenants, we were pleasantly surprised to find the previous occupants had left us a phone book, a local map, manuals for remaining appliances, and information to help us identify and care for plants and shrubs on the property.

Darlene Wright
San Juan Capistrano, Calif.

I now place a lighted candle in the center of our dinner table for every evening meal, not just when company comes. Somehow, this has solved the problem of our children's shoveling in their food and not talking much. Mealtime is now pleasant.

Marian Biven
Louisville, Ky.

Since our daughter is the only grandchild in the family, we were afraid that my husband's parents would be pestering us to see Tracie all the time. The arrangement we came up with has been a joy to all of us. From the time she was two weeks old, we left Tracie every Friday night with my husband's parents (only an hour and a half at first). She now stays overnight Fridays, and has a second circle of friends, neighbors, and relatives to love and be loved by.

Christina Chambreau
Sparks, Md.

This isn't an earthshaking solution to the problem of finding more time in a day, but I've found a way to spend more time with my dad in just a few minutes. As a commuter, I sometimes find myself at the station earlier or later than I should be. While waiting for the next train, I pop a quarter into the phone and call my dad for a quick chat. He knows that when the train comes, I'm off, but we both look forward to those few minutes.

Janet Wilmoth
Hinsdale, Ill.

Yes, I plan the meals, do the shopping and cooking, and hold a full-time job. Dragging my 2-year-old through the supermarket after work is not conducive to comparative shopping. Therefore, if I want to try a new product because it's on sale, or because I have a coupon, I simply buy it. When I get it home, the new product must pass two tests—nutrition (no tropical oils, low salt) and taste. If it fails, I log it into my "Do Not Buy" notebook, and never buy it again.

John M. York
Athens, Ga.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

When recycling became mandatory in our area, some of our older neighbors expressed alarm at the idea of having half a dozen garbage bins in their homes. Thus began "Philip's Recycling" service. For 50 cents a week, our 5-year-old son, Philip, picks up clean, unsorted recyclables from neighbors. He sorts them into boxes, and, every few weeks, he and his father take them to the recycling center, and everyone involved is happy.

Sarah Zaengle
Cooperstown, N.Y.

Stolen tomatoes were the problem. My friend's trailer park garden was vandalized year after year. Her solution was to give every child in the area a tomato plant, instruction on planting and care, and the promise of prizes for biggest, best, and so on. Not one of her tomatoes was stolen that summer, or ever again. The prizes, with every child a winner, were 50-cent certificates to a local fast food restaurant.

Deanna White
Ypsilanti, Mich.

My husband and I do a lot of rebating on name brands, and although a dollar or two here and there doesn't seem like much, the practice is going to help educate our children. All checks are put in a box until we have $25 worth, then we buy a $50 savings bond. Usually, we are able to buy $400 to $600 worth of bonds a year.

Tish Arnold
Goodell, Iowa

Last year for my birthday, I told my two big sons that I did not need seven bathrobes and 20 bottles of cologne, but I would appreciate a day of work. I made a large pot of sloppy Joes, and they came and fixed all the little things around the house that had been annoying me. My grandchildren ran around checking up on their dads, and we all had a good time.

Mrs. Shirlee Marshall
Northville, Mich.

I have a large map of the United States that I bought at the bookstore and placed on the kitchen table. I covered it with 2 yards of clear vinyl from a nearby fabric store. My 12-year-old son and 10-year-old daughter have no trouble locating different states and cities, and have invented many games of their own using place names. I've found the map is just as helpful and enjoyable to adults. I've recently bought a world map and a map of our city, and interchange them for variety.

Emilie Manning
Oswego, N.Y.

My family and I live in a community that takes pride in its neatness. The only problem is that one neighborhood family refuses to fix their lawn, and has now lived there three years. The yard is mud and rocks, and the house is still unfinished. Several of us are concerned that these neighbors are harming the resale value of our homes. We just want to get them at least to fix the lawn. How can we do this without hurting their feelings?

Name withheld by request
Cedar Bluff, Va.

t's The Most Popular Room In The House, Shouldn't It Be The Best Looking?



Discover the beauty that Aristokraft cabinets can bring to your kitchen or bathroom. For a free Aristokraft pamphlet showing our full line of products, send in the coupon.

Please mail to:
Aristokraft, Inc.
P.O. Box 420
Jasper, IN 47547-0420

CERTIFIED NKCA CABINET

☐ Please send me the FREE Aristokraft pamphlet.
☐ Please send me the 24-page D-I-Y Kitchen Planning Guide. Enclosed is a $5.00 check or money order payable to Aristokraft, Inc.

Name_____
Address_____
City_____ State_____ Zip_____
Phone ( ) _____

Aristokraft®

HOME STYLE

Best Bets for Better Homes®

BY
JIM WILLIAMS,
JILANN SEVERSON,
AND NANCY HALL



IT'S THE BERRIES!

Juice up your home with the bounty of fruited prints, tableware, and foods that is cropping up everywhere. They're berry good picks!

A TASTE OF NOSTALGIA

Top designers are spiriting new interest in fabric designs of the '40s. Get the real thing—tablecloths, draperies, and clothing—at a fraction of the cost from Grandma's attic, flea markets, and antiques stores.

LUSCIOUS LIMOGES

Berries, berries, everywhere. Each set of six dessert plates or demitasse cups and saucers features a different fruit. Suggested retail: $200 (desserts) and $245 (demis).
"Compote" by Bill Goldsmith Designs available through Wolfman-Gold & Goode, 116 Greene St., New York, NY 10012; 212/431-1888.

GREAT GRAPES

Terra-cotta takes a new form. Handcrafted grapes cascade down the side of Gallo Design's compote. Suggested retail: $75.
"La Grappa," Gallo Design for Villeroy & Boch Creations, 974 Madison Ave., New York, NY 10021; 800/228-1404.



PHOTOGRAPHS: PERRY STRUSE

ntroducing the cleaning crew. One-step cleaners for the whole house.



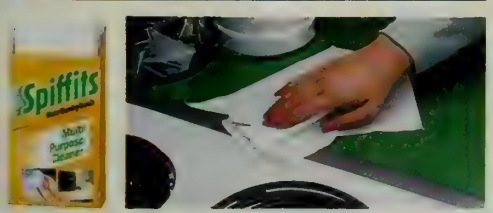
SPIFFITS FOR GLASS. uick, easy, and not a gle streak. results are ystal clear.



SPIFFITS FOR FURNITURE. Cleans and polishes with no wax build-up.



MULTI-PURPOSE SPIFFITS. s grease in ust a wipe. fect for all round the house.



SOFT SCOURING SPIFFITS. Textured towels for tough cleaning without scratching.



SPIFFITS FOR THE BATH. Cleans and eodorizes in just a wipe.



Spiffits®
MOIST CLEANING TOWELS.
We cut the work down to a wipe.

©1990 DowBrands

This is the story of another satisfied Maytag owner. And while we want you to know that your Maytag may not last this long, all Maytags are built to last longer and need fewer repairs.



Ooops.

We would like to thank Mrs. Fulda for her little mistake. Because it helps us make a point. What was true in 1963 when Mrs. Fulda bought her new Maytag washer and dryer, and in 1971 when she misplaced her original letter, is still true today. Every Maytag is built to last longer and need fewer repairs.

And while your Maytag may not last as long as Mrs. Fulda's, we hope someday you'll have a letter for us, too. But we'd rather not wait so long to hear from all our satisfied customers. So please don't forget to send it.



MAYTAG
THE DEPENDABILITY PEOPLE

© 1990 Maytag Comp

HOME STYLE

JUST RIPE TO READ

It's everything you ever wanted to know about berries. Mary Forsell and Tony Cenicola show and tell their story with luscious pictures and informative text in *Berries: Cultivation, Decoration and Recipes.* Suggested retail: $35. *Bantam Books, 666 Fifth Ave., New York, NY 10103.*

CURRANT-LY COUNTRY

Painterly berries and leaves garnish old-fashioned stoneware—just right for a country breakfast. Suggested retail: $40 for four bowls or plates; $32 for four mugs. *"Currants," Conran's Habitat, 475 Oberlin Ave. South CN 2103, Lakewood, NJ 08701-1053; 800/462-1769.*



FRUIT OF THE VINE

Berries are pressing their way into the wine market. Bargetto Winery bottles several fruity brews to tempt your taste buds. Suggested retail: $8.50. *Chaucer's fruit wines and recipes from Bargetto Winery, 3535 N. Main St., Soquel, CA 95073; 408/475-2258.*

BERRIES BY THE YARD

For fruitful decorating efforts, choose any of these berry patch prints. Suggested retail: $30–$66 per yard.

From left to right: "Grape Arbor" and "Fruit Theorem" by F. Schumacher & Co., 79 Madison Ave., New York, NY 10016; 800/423-5881. "Cerise" and "Blackberry" by Rose Cumming Chintz, 232 E. 59th St., New York, NY 10022; 212/758-0844.

FORD EXPLORER. AFTER A
TAKE IT OUT



BEHIND THESE FOUR DOORS, YOU'LL FIND FORD'S NEW, BIGGER WORLD.

The compact sport utility vehicle seemed like a passport to new adventures. Unfortunately, most of these vehicles didn't give you much room to stretch in, much less explore in.

As for their looks, well, they looked just fine... in the country.

Ford addressed the problem, and produced a very civilized response: The 1991 Explorer.

AN END TO URBAN CONGESTION.

Behind Explorer's four wide doors, 6 passengers* can discover something no city-dweller expects: room. Headroom, legroom, cargo room. In fact, *4-door Explorer is more spacious than any vehicle in its class.*

The cargo area is especially versatile. Open just the rear window or the entire liftgate. For long or bulky cargo, fold down the rear split-bench seats.

URBAN PLANNING: THE DESIGN OF EXPLORER.

Explorer looks right at home on city streets. And, like all good design, its form and function are well-integrated. The limousine-style doors are good for entrances and exits, *and*, like the windshield, hidden drip-rail system and bumpers, they improve air-flow management.

EXPLORING IS HARDLY "ROUGHING IT" NOW.

In the Eddie Bauer model pictured here, you get power door locks, windows and more, including a tilt-up open-air roof. Opt



OUGH DAY IN THE COUNTRY, N THE TOWN.



n exploring include the Ford udio system and sport bucket with leather seating surfaces.

(PLORE NEW ROADS AT THE TOUCH OF A BUTTON.

other 4x4 compact utility les have clumsy, floor- ited shifts. Explorer has s exclusive Touch Drive sys- You simply push a dash- ited button to shift from 2- to eel drive high, and back, on y.

ou seldom encounter condi- that require 4-wheel drive, only models are available.

ERE ARE 2-DOOR EXPLORERS AND 4-DOOR EXPLORERS.

e 4-door is not a "stretched" 2-door. The 2-door captures the spacious feeling of the 4-door.

Every Explorer includes a powerful fuel-injected 4.0L V-6 engine. Power front disc brakes with a rear anti-lock brake system are standard.

The 4-door Explorer has been named "Four Wheeler of The Year" by Four Wheeler magazine. Competing against some of the newest vehicles in its class, foreign and domestic, Explorer ranked #1 in on-road ride and drive, exterior styling and overall interior excellence.

Discover the 1991 Explorer. It can work all day on—or off—remote roads, then become a savvy, big-city performer.

BEST-BUILT AMERICAN CARS AND TRUCKS.

The best-built American cars and trucks are built by Ford Motor Company. This is based on an average of consumer-reported problems in a series of surveys of all Ford and competitive '81-'89 models designed and built in North America. At Ford, "Quality is Job 1."

Buckle up — together we can save lives.

EXPLORER

Ford

Have you driven a Ford...lately?

*4-door model with optional front bench seat.



Country DECORATING Goes Uptown



Sweet honey pine and gingham checks sitting by sleek black leather? Why not! When Alabama-born Mark Abrams planted his country roots in a downtown St. Louis dwelling, a fresh decorating hybrid cropped up.

BY SANDRA S. SORIA

PHOTOGRAPHS: BARBARA MARTIN DESIGN: MARK ABRAMS. THE GUILD HALL REGIONAL EDITOR: MARY ANNE THOMSON

Uptown Country



Designer Mark Abrams coaxes country to grow into a more sophisticated style. Forget rooms stuffed with down-home doodads, Mark represents the new country outlook—one that's leaner, cleaner, and ready to match the simple way we want to live in the '90s.



This designer's home is a study in contrasts. Here, black plays off white, the formal mingles with the friendly, and country charm meets city sophistication. "I like to mix things up a bit," says Mark, his southern lilt further softening that understatement. "Doing the unexpected is a lot more interesting—and fun."

Buying information, page 76.

continued on page 36


We've Mastered
Bedrooms.
Take it from the experts, a
bedroom as appealing
as this is much more than
just a place to sleep.
Call 1-800-447-4371 for
the Pier 1 nearest you.
Pier 1
imports
A Place To Discover.®



"Romeo and Juliet"

Actual diameter: Approximately 8½ inches

©1988 Incolay Studios

›meo and Juliet": The most famous love scene of all time . . . a Bradford Exchange recommendation



he ancient art of cameo carving. . .the enduring medium f Rose Carnelian Incolay Stone. . .Shakespeare's moving rama of love and tragedy. . .an extraordinary union of fine rts re-creating one of the theater's most electric moments, he balcony scene from *Romeo and Juliet*. "Romeo and uliet," a distinctive high-relief, cameo sculpture plate, is vailable now– and it looks like a smart buy. Here's why radford recommends it:

Romeo and Juliet" is a historic first issue –the first ever n the unique medium of Rose Carnelian Incolay Stone.

t's an important work of art featuring a revolutionary ameo-carving technique perfected by renowned sculptor oger Akers. Attesting to its importance, each plate is ndividually numbered and accompanied by a Certificate f Authenticity.

t has the potential to appreciate in value. The edition of Romeo and Juliet" ends forever on March 31, 1990. Once ne edition closes, collectors' demand could exceed the upply of plates and force asking prices sky-high.

he Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles raded on an organized exchange. And with offices in ne United States and nine other countries, Bradford s at the very heart of this exciting international market. hat means Bradford analysts can often spot trends n the making.

089 BGE

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $275.00*– more than 1,000% of its $21.50 issue price. More recently, if you had acquired "The Pintail," the first issue in the Knowles *Jerner's Ducks* series, you would now own a plate valued at more than four times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Romeo and Juliet" as one of the year's top prospects . . . and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

To acquire "Romeo and Juliet" at its $65.00 issue price– backed by our 365-day guarantee–simply fill out and mail the order form provided. *Send no money now.* You will be billed in four convenient monthly installments. But don't delay. The time to get "Romeo and Juliet" is now–*before* it has a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations*®, Vol. 17-4.

RJG-392

A BRADFORD EXCHANGE APPROVED RECOMMENDATION

Please respond by: August 31, 1990

Romeo and Juliet"

he Bradford Exchange
rading Floor
345 Milwaukee Avenue
hicago, IL 60648

e enter my order for "Romeo and Juliet." I understand I send no money now. I will pay for "Romeo and " in four convenient monthly installments of $16.25* the first being billed before shipment. (Limit: one per customer.)

*Plus $3.19 postage and handling.

Signature

Mr. Mrs. Ms. _____ (_____)

(Circle One) Name (Please Print) Telephone

Address

City State Zip

3181-E81207

BRILLIANT ACHIEVEMENT.

Lysol® Basin Tub & Tile Cleaner cuts tough dirt and soap scum, leaves everything shiny-clean, and kills household germs, too. Which makes both you and your bathroom look positively brilliant.



Uptown Country

continued from page 30

Even though pairing up country and contemporary seems an unlikely design marriage, for Mark it's simply a natural reflection of his own two-sided personality. Born and raised in southern comfort, Mark launched his design career in hard-edged New York City. "I carry my childhood around with me," he says, "I remember Aunt Bessie's beautiful crewel rugs and my grandmother's marble-top table. But later I learned country or traditional pieces have more impact when you give them a contemporary presentation."

This interior designer makes these style opposites attractive, but for many of us, mixing up is hard to do. Unless you use Mark's foolproof-mixer method. "Number one, buy by color," says Mark, now creative director for The Guild Hall, a company specializing in antique and reproduction furniture of all styles.



Honey pine twinkles against midnight-dark walls.

Black and creamy white are the color ties that bind the room's split personality. From these primary colors, Mark pulls out softer values—white drifts into beige, black fades to gray—to give the spaces eye-soothing flow. Against the neutral backdrop, splashes of color—the russet leather dining chair seats or the red quilt patches—become surprises as welcome as bright blooms in a sea of green.

If scheming for a basic color palette is tip Number One in Mark's book of mix-and-match design, then selecting basic pieces is a close second. "Most of my core pieces are solid in color and clean in line," Mark says. "It's the same idea as a woman who needs the simple black dress as a staple in her wardrobe; I buy the simple black chair because it goes with anything."

Buying basic paves the way for Mark's third tip: "When you start with basic surroundings, you can change the look completely for very little money—just play with fabric and accessories." If he wants to play up the country side of his home's character, he tosses on some floral pillows, brings out a few more quilts, and plunks down a jug of loosely arranged garden flowers. To slick

lown the style, the quilts and florals hide in the closet when tripes or even faux leopard prints come into play. In the vinter, deep-toned plaids and paisleys warm the scheme.

Getting big impact from low-cost accents makes Mark's tyle accessible and exciting. With :10 worth of paint and a $40 flea-narket quilt, his dining room wall *see page 30*) gives a dramatic per-ormance. On the bedroom walls *right*), fabric takes the spotlight. A ouple of bolts of scenic toile de ouy and a staple gun are the play-rs; Mark simply folded under the aw edges, stretched the yardage ight, and stapled it into place. I've used this fabric on my walls n three bedrooms now," says Mark. "When I leave I just take a ittle screwdriver, pull up the sta-les, roll the fabric, and move on."

No doubt about it, when you vant to add drama to a room, you an cast fabric in a range of roles. With Mark as director, even bed linens enter and exit the cene like actors in a play, spicing the setting with a new outlook. "I think you should change your linens like you change your clothes," he says, "to match the season or imply to adjust to your mood." The bed's gray checked spread shows its flip side—crisp white—in the summmer months. Come winter, Mark reverses it once more and couples it with a red sheet for a blast of color.



Bolts of fabric jolt this space to life.

In Mark's home, the point is to lighten up. We're not just talking about less stuff against crisper backdrops. Mark's whole approach to decorating is more relaxed, as carefree as it is clutter-free. It's a point well taken. Keeping it simple means having more fun; you can even change your rooms for the sake of change if you so desire. "I shuffle things around like crazy," Mark says. "If I don't, I get bored."

This designer's enlightened attitude is catchy. The trend in design is to pare down, sacrifice quantity for quality, and simplify, simplify, simplify. What's the big idea? Toss out the excess and you'll make room for what you truly love. Hiding a treasured family piece in a huddle of objects? Clear the way for it to shine on its own.

Above all, decorating by heart means learning to trust your instincts. Think you might like black dining room walls? You never know until you try. After all, what do you have to lose but a few dollars' worth of paint?



Even under the rim, dirt and germs can't hide from Lysol® Toilet Bowl Cleaner. Its angled spout reaches up and under, so you can wipe out rust and mineral stains and kill household germs. Without over-exerting yourself.

BRILLIANT UNDER-ACHIEVEMENT.

No prize needed.





© 1990 General Mills, Inc

Kix doesn't need any gimmicks to get kids' attention. It's simply a cereal with a crisp, corn crunch that kids like. And Kix is low in sugar. That's what you'll lik

Kix.® Kid-Tested, Mother-Approve

WHEN GOOD PRAISE IS BAD



STEVE BJÖRKMAN

Praise is a needed tool for parents and other adults trying to build confidence in young kids, no doubt about it. Many parents, however, fall into a trap believing that what's good in small doses is even better in larger ones.

To help clear up the confusion surrounding praise, here are some examples and suggestions about how much and why you should praise children:

Praise conservatively. Children who are praised excessively often become "hooked" on outside approval, always needing to be pumped up to feel good.

For example, Jennifer was 7 years old when her parents sought my advice. They were convinced she had developed poor self-esteem.

"What tells you that?" I asked.

"She seeks praise all the time," they said. Wanting her to grow up feeling good about herself, Jennifer's parents started giving her liberal doses of praise at an early age. They fell into what I call the "Cheerleader Syndrome," praising her for nearly everything she did. The more praise she got, the more she demanded.

Be careful when praising "problem" children. Praise can backfire with children who have a history of behavioral problems. For instance, Alex's teachers had complained about his behavior since he started school. I began working with his parents and teacher, helping them design a plan that tied privileges (not rewards) to home to good behavior at school.

The teacher agreed to cooperate, although she was concerned that the program lacked enough positive support. After a few weeks, however, Alex's behavior began to improve. After several weeks of slow but steady gains, the teacher decided it was time to give Alex a shot in the arm. She ushered him to the front of the room and praised his improvement to the class. The next day, Alex's behavior fell completely apart.

MANY PARENTS FALL INTO A TRAP BELIEVING THAT WHAT'S GOOD IN SMALL DOSES IS EVEN BETTER IN LARGER ONES.

Keep praise low-key. Excessive praise can also cause children to avoid the things associated with it. In one study, a class of 5-year-olds separated into two groups. The children were given creative materials and told by their teachers to make something.

In one group, the teachers moved around the tables, giving the children lots of praise. The teachers in the second group were more reserved. Instead of hovering, they stayed back from the tables, doing their own thing.

For several days thereafter, the praised group showed little interest in making things while the other group continued working.

Praise the act, not the child. Psychologists make a distinction between evaluative and descriptive praise. Evaluative praise is judgmental and personal. For example, when Michelle brings her bug collection to the teacher, the teacher exclaims, "Oh, Michelle, you are such a smart and creative girl!"

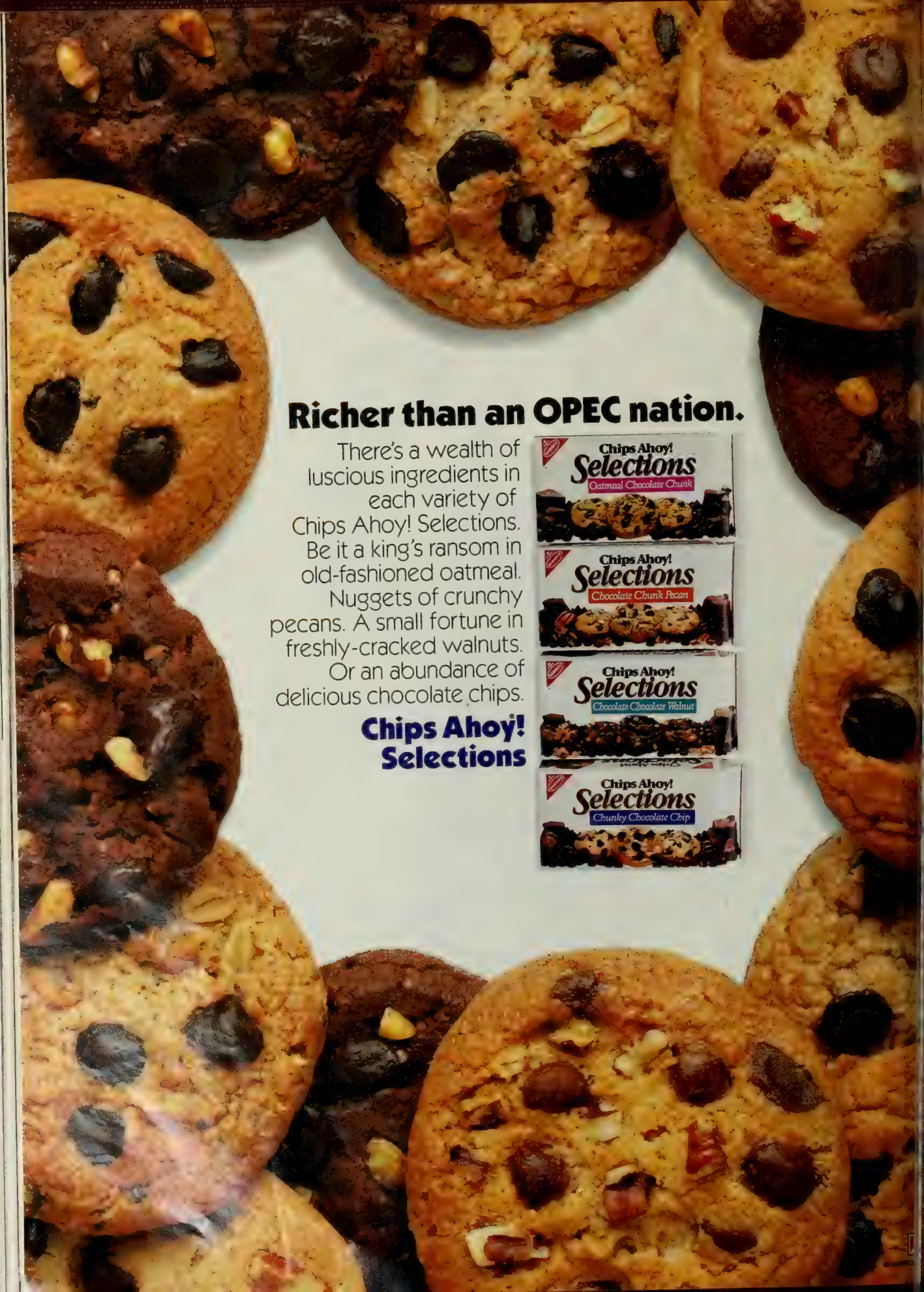
The teacher meant well, but evaluative praise takes away the child's right to be imperfect. Instead, the child feels pressured to achieve an unreasonably high standard of excellence, which may eventually make her feel inadequate.

Descriptive praise, on the other hand, simply acknowledges an accomplishment of one sort or another. In Michelle's case, the teacher could have said, "You obviously put a lot of time into this bug collection, Michelle. Good job! And thank you for sharing this with the class."

Praise that's handed out in sensible amounts can play an effective role in a child's developing self-esteem. Too much praise, however—no matter how good it feels for you or your child—is something you should guard against.

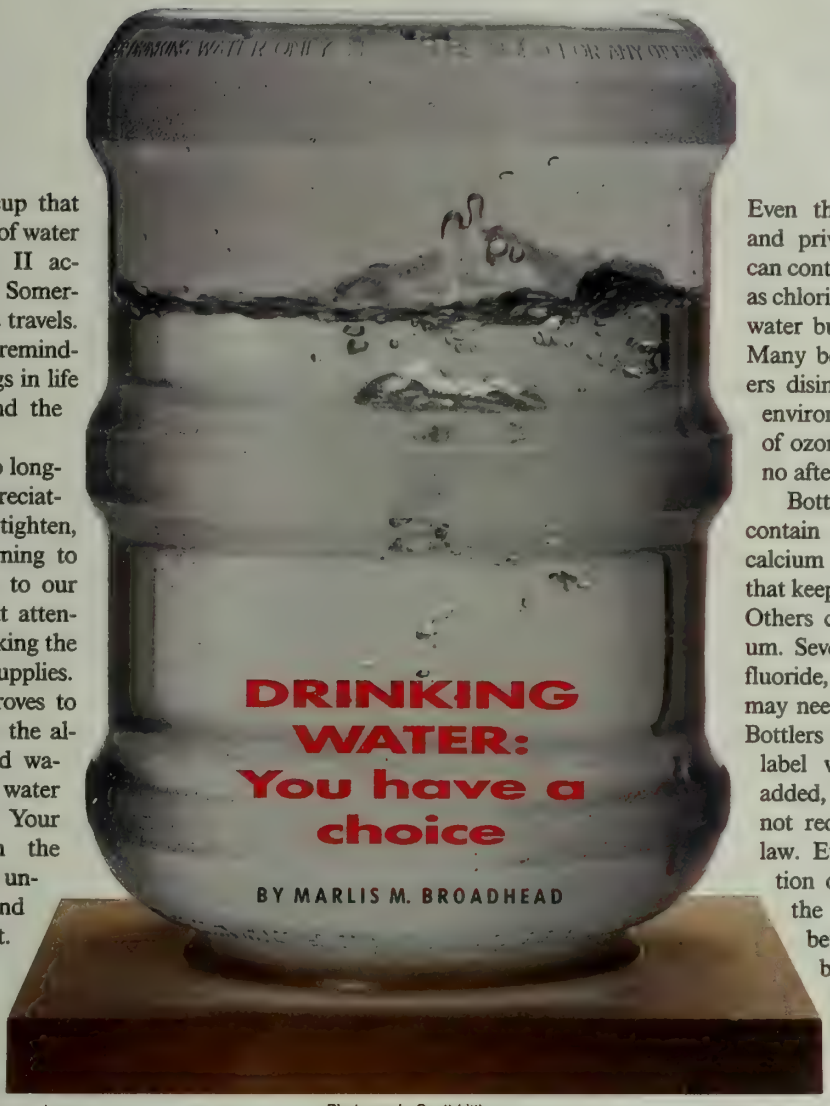


—Family psychologist John Rosemond is author of John Rosemond's Six-Point Plan for Raising Happy, Healthy Children *(Andrews/McMeel).*


Richer than an OPEC nation.
There's a wealth of luscious ingredients in each variety of Chips Ahoy! Selections. Be it a king's ransom in old-fashioned oatmeal. Nuggets of crunchy pecans. A small fortune in freshly-cracked walnuts. Or an abundance of delicious chocolate chips.
Chips Ahoy! Selections
Chips Ahoy! Selections
Oatmeal Chocolate Chunk
Chips Ahoy! Selections
Chocolate Chunk Pecan
Chips Ahoy! Selections
Chocolate Chocolate Walnut
Chips Ahoy! Selections
Chunky Chocolate Chip

DRINKING WATER: You have a choice

BY MARLIS M. BROADHEAD



Photograph: Scott Little

The cracked cup that eld his daily ration of water uring World War II ac- ompanied novelist Somer- et Maugham on his travels. Ie kept the cup as a remind- r that the best things in life re the simplest, and the east appreciated.

Today, water is no long- r simple or unappreciat- d. As regulations tighten, nore of us are learning to ay better attention to our rinking water. That atten- on starts with checking the afety of our water supplies.

For water that proves to e less than perfect, the al- rnatives are bottled wa- r or a home water reatment system. Your hoice depends on the ypes and levels of un- elcome elements, and our taste and budget.

HE BOTTLED OLUTION

Bottled drinking ater *may* offer a uality advantage over tap ater. Suppliers who are embers of the Internation- Bottled Water Associa- on (IBWA) voluntarily llow stricter standards an those set for public wa- r systems and must also ndergo unannounced plant spections. In addition, ch state either assigns one its health agencies or al- ws Food and Drug Ad- inistration (FDA) officials monitor bottlers.

pping for flavor

Another difference in bot- d water may be the taste. Even the safest municipal and private water supplies can contain substances, such as chlorine, that disinfect the water but can affect flavor. Many bottled water suppliers disinfect water with an environmentally safe form of ozone, because it leaves no aftertaste or odor.

Bottled water may also contain minerals, such as calcium and magnesium, that keep it from tasting flat. Others come with no sodium. Several brands contain fluoride, which children may need for dental health. Bottlers may indicate on the label when minerals are added, although they are not required to do so by law. Even with the addition of certain minerals, the flavor distinctions between brands of bottled water are so subtle you may not be able to detect any difference.

Picking a good water supplier

Tapping into bottled water is as easy as visiting the supermarket, where you can purchase the water in several sizes. Or, you may locate a supplier who will deliver water right to your door. In either case, make sure that the bottler is a member of the International Bottled Water Association (about 90 percent of all U.S. bottlers). This organization is a trade association and has no federal enforcement powers, but it does require its members

Continued on page 42

BOTTLED DRINKING WATER DEFINED

When you shop for bottled water, you may see several terms used to describe the different kinds of water available. Here's what they mean:

Natural water: **Drinking water that comes from an underground spring or from a bored well. Nothing can be added to it, although it may undergo minimum treatment such as filtration and ozonization.**

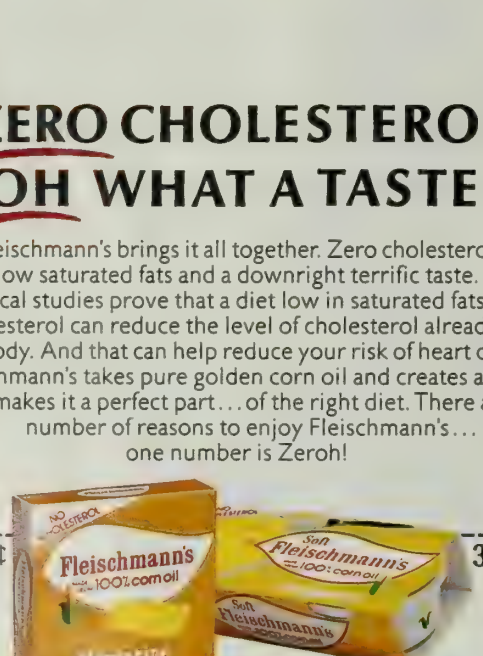
Mineral water: **Drinking water that contains total dissolved solids of not less than 500 parts per million. These solids are minerals that have been added or occur naturally. Mineral water also meets the standards of natural water.**

Sparkling waters: **These beverages are carbonated and sometimes flavored. They are generally considered to be an alternative to soft drinks, not drinking water.**



ZERO CHOLESTEROL,
OH WHAT A TASTE!

Fleischmann's brings it all together. Zero cholesterol, low saturated fats and a downright terrific taste. Medical studies prove that a diet low in saturated fats and cholesterol can reduce the level of cholesterol already in your body. And that can help reduce your risk of heart disease. Fleischmann's takes pure golden corn oil and creates a taste that makes it a perfect part... of the right diet. There are a number of reasons to enjoy Fleischmann's... one number is Zeroh!



30¢ 30¢

SAVE 30¢ when you buy any one package of Fleischmann's® Margarine.

RETAILER: One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/20¢. NABISCO BRANDS, INC., reimburses you for the face value plus handling, if submitted in compliance with NABISCO's Coupon Redemption Policy. For free copy and/or coupon redemption, send to: NABISCO BRANDS, INC., CMS, Dept. 13130, 1 Fawcett Drive, Del Rio, TX 78840.

843796

MANUFACTURER COUPON | OCTOBER 31, 1990

5 29000 41030 0

Fleischmann's®

NABISCO BRANDS © NABISCO BRANDS, INC 1988

GOOD FOOD / GOOD HEALTH

continued from page 41

to test for more than 200 possible contaminants (public supplies test for fewer than 100). If you don't see any indication of membership, ask the bottler.

Membership in the IBWA indicates that a bottler has met the highest standards and offers top-quality drinking water. If you want more assurance, ask for the water's latest test results to see that the actual contaminant levels are below the recommended maximums. Before you decide to buy, sample the water. The safety of your drinking water is most important, but you want it to taste good, too.

The cost of bottled water

Should you choose bottled water for drinking and cooking, you'll pay around 94 cents per gallon. You can have 5-gallon jugs of bottled water delivered (which can add about 15 percent to the cost).

For more information on bottled water, you can write to IBWA, 113 North Henry St., Alexandria, VA 22314.

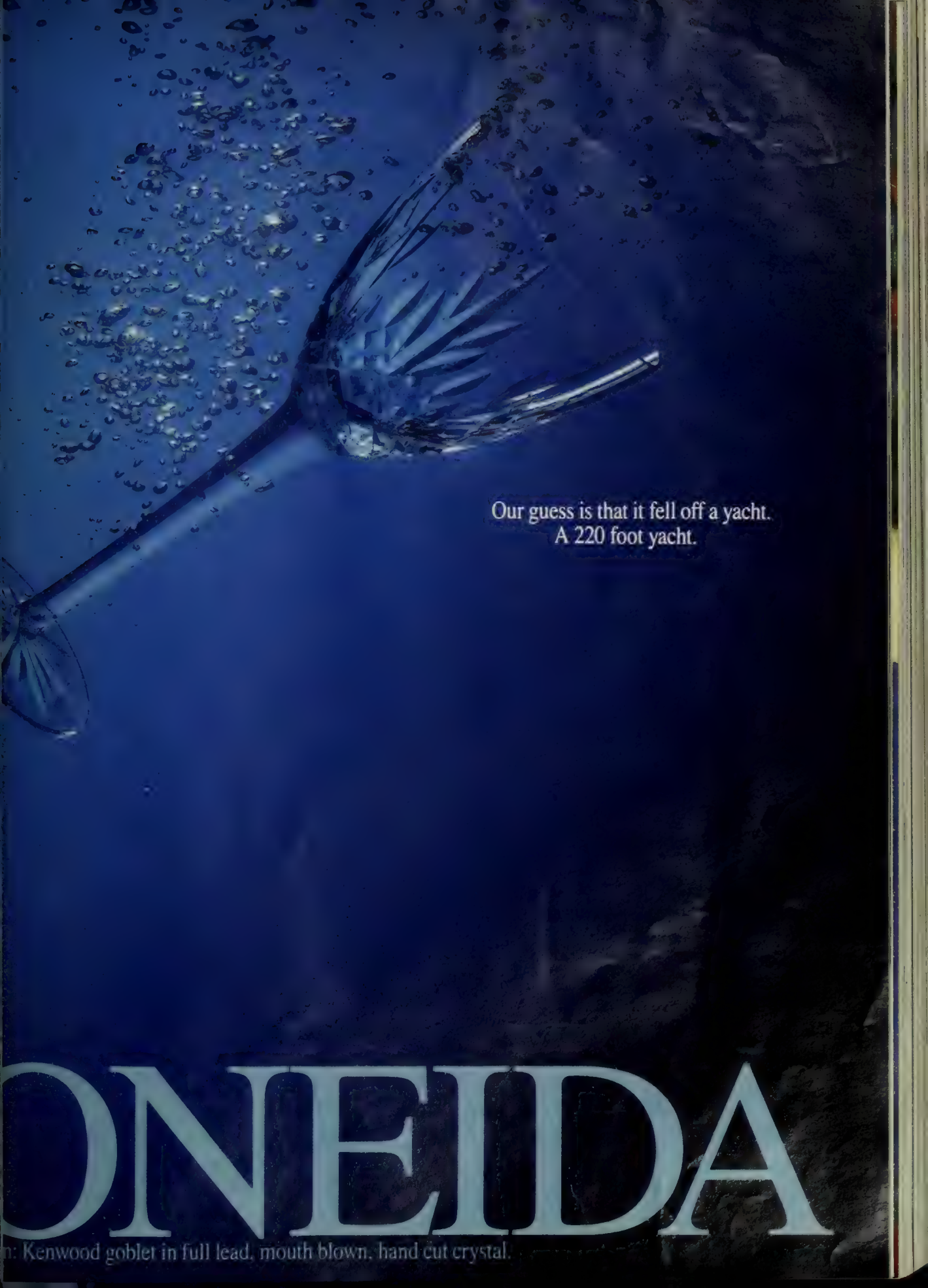
THE HOME-TREATMENT SOLUTION

Instead of purchasing bottled water, you can treat your present source by installing a home water treatment system. Reverse-osmosis and distilling systems should eliminate lead. Advanced carbon filters can remove pesticides, but most carbon filters will generally remove chlorine and odors. And water softeners may make water cleaner, but not necessarily free of all contaminants. To be sure of what each system can do, ask for test results before buying. Each system delivers different benefits than bottled water, so comparing the costs is difficult.

IS YOUR WATER SAFE?

The list of possible water contaminants grows longer every year. This list does not necessarily mean water is becoming more contaminated, only that we are identifying more substances as contaminants. In 1974, the government passed the Safe Drinking Water Act, obligating drinking water suppliers to test and treat for 26 possible contaminants. The Act was revised in 1986 to include a total of 83 possible contaminants. However, to date the Environmental Protection Agency (EPA) has mandated regulations on only 38 contaminants, with more pending. This means your municipal water is currently tested for these 38 contaminants and must be treated to eliminate any that are present.

Water quality can vary greatly. To check on your water supply, start with a phone call. If you have municipal water, ask your utility company for a copy of its latest water analysis. If you have well water, call your public health department to see if your area has groundwater problems and, if so, what contaminants you should test for. To find an independent state-certified lab to test your water, call your state water supply hot line. Remember, no testing system is infallible. Should the results of your test indicate high levels of lead, nitrate, or radon in your water supply, retest before taking costly remedial action. For more information on water quality or testing, you can also call EPA's Safe Drinking Water Hotline: 800/426-4791 or 202/382-5533 in the Washington, D.C. area.


Our guess is that it fell off a yacht.
A 220 foot yacht.
ONEIDA
n: Kenwood goblet in full lead, mouth blown, hand cut crystal.

Beautiful Carpets Should Also Smell Clean And Fresh



Introducing Luxurious, Stain-Resistant Carpet With ODOR-GUARD™... Exclusively from Coronet Carpets.

- Fights Household Odors.
- Keeps Your Home Naturally Fresh.

Coronet Carpets, one of the world's leading carpet producers, has teamed up with ARM & HAMMER®, the most trusted name in household odor protection, to bring you what are simply the finest carpets made. Carpets that are luxuriously plush, beautifully styled and colored, stain and static resistant, now feature built-in protection against odors—with Odor-Guard.™

Create a fresh and natural environment for those you love. Insist on Odor-Guard,™ odor protection that lasts.

Sniff out the beautiful selection of Odor-Guard™ carpets, featuring DuPont StainMaster Luxura,℠ at your local Coronet dealer.

Luxura DUPONT STAINMASTER CARPET

Coronet CARPETS ODOR-GUARD BUILT-IN FRESHNESS ARM & HAMMER®

Coronet CARPETS

Carpets that make a difference!

Keep your carpets odor free year after year with regular use of ARM & HAMMER® Carpet & Room Deodorizer.

The ARM & HAMMER logo and the words "ARM & HAMMER" are the registered trademarks of Church & Dwight Co., Inc.

SITTIN' PRETTY ON THE PORCH

BY SANDRA SORIA AND WILLIAM L. NOLAN

AH-H-H . . . THERE'S NOTHING LIKE A BREEZY PORCH TO LULL US OUT OF A HECTIC DAY. SURE, ANY OLD HOT-WEATHER SITTING SPOT WITH A RUSTY OLD CHAIR OR TWO IS FINE, BUT CREATE A PEACEFUL ATMOSPHERE—PACKED WITH PERKS—AND YOU HAVE A TRUE STEPS-AWAY RETREAT. LOOKING FOR A SPOT TO KEEP YOUR COOL WHILE THE MERCURY MOUNTS? OUR SITTIN'-PRETTY SAMPLER OFFERS GREAT IDEAS YOU CAN BORROW TO BUILD AND FURNISH A PORCH OF YOUR OWN. *continued*





WICKER WONDERLAND

When interior designer Susan VanOrsdel wants to get away from it all, she simply heads for the back door of her Iowa home. There, a shady, screened-in porch waits to soothe her with friendly white wicker and a garden of soft color. The VanOrsdels screened in a section of a deck to create the rain-or-shine retreat, then filled it with vintage furnishings for a comforting, nostalgic aura. Take note of these ideas:

ROLLER BLINDS offer inexpensive wind and sun blockers that will roll up, up, and away when you want an uncluttered view of the outdoors.

WOVEN RUGS are tossed around to add warmth and define conversation areas—and are tossed just as easily into the washing machine when they soil.

CRISP COTTON FABRICS feel as comfortable as a summer sundress. Mix patterns, such as geometrics and florals, for a lively look.

HOUSEPLANTS move to the porch during warm months to blur the distinction between indoors and out—and to recover from the winter blahs.

continued



PHOTOGRAPHS: SCOTT LITTLE. DESIGN: SUSAN VANORSDEL, INTERIORS LTD.

NATURAL ATTRACTION

Mother Nature helped inspire this backyard porch addition. The homeowners wanted a casual, low-upkeep retreat that blended with the wooded setting, so they paneled the porch with natural-finish Alaskan white cedar and paved the concrete floor with bluestone, a blue-green stone that resembles slate. The screened openings stop a few feet from the floor to keep out dirt and water when it rains. Dark green canvas shades, Adirondack-green wicker furnishings, and floral-print pillows add splashes of color.

Setback restrictions on one side inspired the architect to angle both side walls, creating a bay-front porch. A half-round window in the gable grabs extra light. A large skylight curves over the roof peak, delivering light to the back part of the porch and the adjoining dining room. Tag these features as must-haves for your porch:

LIGHT GRABBERS keep it bright even on cloudy days.

A WHISPER-QUIET CEILING FAN delivers instant relief in muggy weather.

GARDEN-FRESH HUES in the furnishings add a natural flair.

continued



DESIGNER/BUILDER: ROBERT S. WALKER, DESIGN ALTERNATIVES. LANDSCAPE ARCHITECT: CRAIG BERGMAN. PHOTOGRAPHS: JESSIE WALKER ASSOCIATES





LAZY-DAY GETAWAY

When the Franke family moved into their Michigan home, they were full of ideas for improving the porch. Then, they adopted a "let-it-be" philosophy. Says Mary Franke, "We realized we would lose what we loved most—the cottage charm." To gain contemporary comforts without marring the mood, the Frankes freshened with paint and wired their porch for discreet electrical extras (note the tiny suspended speakers that deliver sound without spoiling the space's vintage look). Then, they invited in aged, natural beauties of wicker and pine to serve as storage and seating. Borrow these notions for your porch:

RECESSED FIXTURES light up the night and ceiling fans cool down the day.

DECK ENAMEL covers damaged wood in a hurry, and puts a coat of armor on porch floors. Here, the deep green hue also warms the space.

DOORWAYS to the living room and kitchen direct traffic through the porch and offer easy access to food preparation. With a nod to the garden, lattice-style crosshatching on the doors enhances the outdoor feeling.

continued



PHOTOGRAPHS: JESSIE WALKER ASSOCIATES





A CORNER ON PRIVACY

To get his creative juices flowing, author/columnist Jay Cronley retreats to his favorite getaway: the pavilionlike screened porch he added to his 1940s ranch in Tulsa. Views of the spacious garden offer inspiration; comfy wicker and bamboo chairs put him at his ease. "It's the kind of place," says Jay, "that people search for on vacation and seldom find."

The ceiling reaches for the sky, but the porch is small enough for intimate conversation. French doors offer easy access from the deck and the master bedroom.

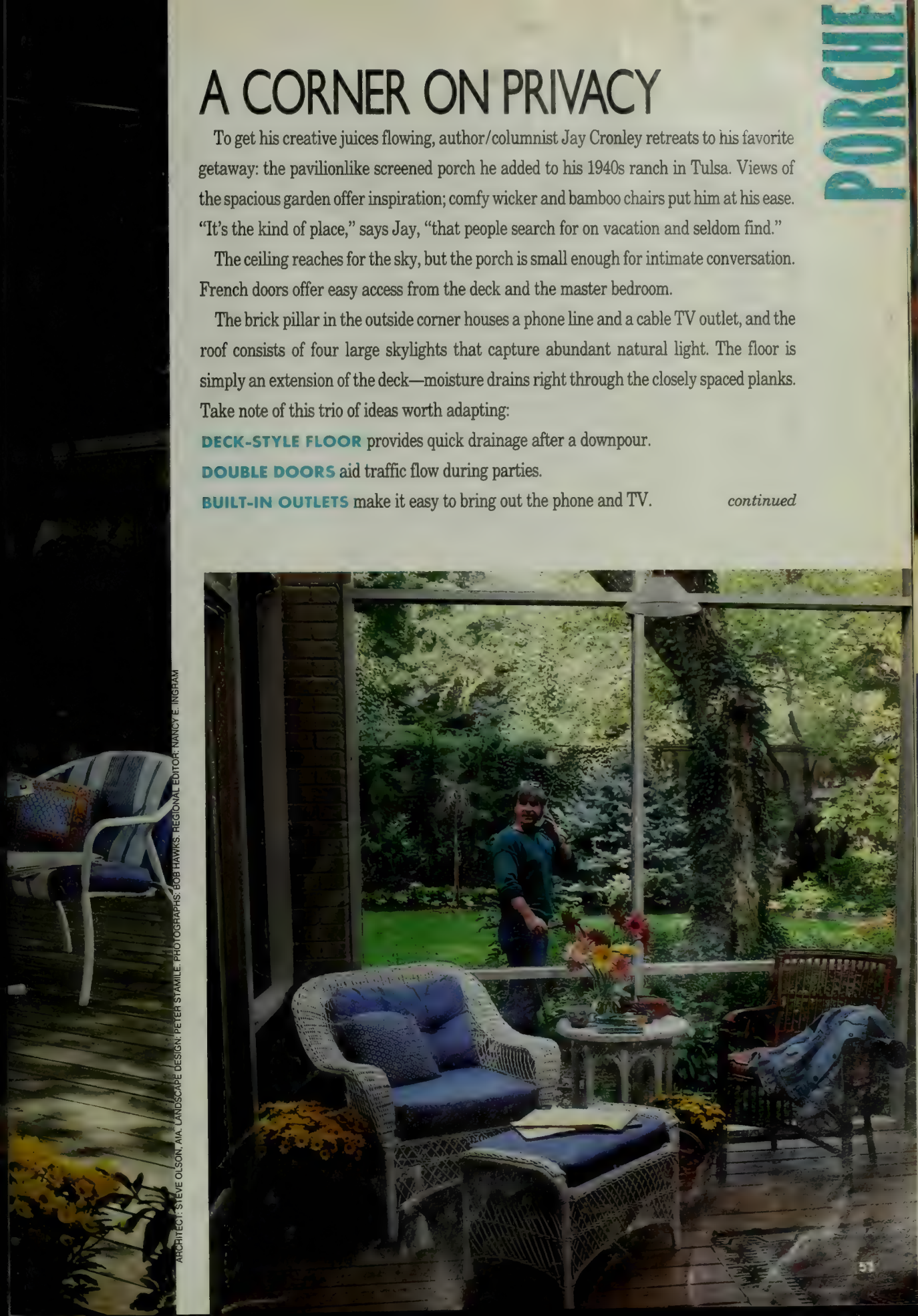
The brick pillar in the outside corner houses a phone line and a cable TV outlet, and the roof consists of four large skylights that capture abundant natural light. The floor is simply an extension of the deck—moisture drains right through the closely spaced planks. Take note of this trio of ideas worth adapting:

DECK-STYLE FLOOR provides quick drainage after a downpour.

DOUBLE DOORS aid traffic flow during parties.

BUILT-IN OUTLETS make it easy to bring out the phone and TV.

continued



ARCHITECT: STEVE OLSON, AIA. LANDSCAPE DESIGN: PETER STAMILE. PHOTOGRAPHS: BOB HAWKS. REGIONAL EDITOR: NANCY E. INGHAM



PHOTOGRAPH: MIKE JENSEN, REGIONAL EDITOR, TRISH MAHARAM

A PLACE IN THE SUN

Don't have a porch to call your own? Any light-filled space can take its place if you furnish it with outdoor appeal. Airy-light furniture and sun-baked accessories bring an earthy outlook to this Seattle sun-room. Here are some ideas you can take home:

THE ALL-WHITE WALLS AND CEILING appear to widen the narrow space and bounce daylight around to brighten the room.

SLEEK MINIBLINDS block out a glaring sun, then disappear when you don't need them.

A WEATHERED CHAIR and curlicued wicker offer cues to outdoor elements.

A WHITEWASHED WOOD FLOOR looks like a deck—or a toasty stretch of sand.

NEW



TOUGH SIDE SCRUBS

Introducing new Fantastik "S'wipe's." The moist cleaning towel with a tough side. A side designed to make short work of hard core messes, like dried soap scum or baked on grease. Soft side. Tough side. More power. More pl

New Fantastik S'wipes
The two-sided towel
you'll flip over

©90 DowBrands

NEW



SOFT SIDE WIPES

oducing new Fantastik "S'wipe's." The moist cleaning
el with a soft side, filled with tough, grease-cutting
aners. For the quick fix on all kinds of everyday drips,
s, splatters and splashes. And that's only half the story.

New Fantastik S'wipe's
The two-sided towel
you'll flip over

Foot Repair.



Rough, dry, cracked skin.
Tough, uncomfortable callouses. Itching, burning athlete's foot. For foot problems like these, you need Smooth Touch® products from Dr. Scholl's.®

Because your feet aren't like any other part of you. That's why we've put our 85 years of footcare experience into Smooth Touch, a line of products specially designed for problems unique to feet. It includes everything from an antifungal spray that cures athlete's foot, to a special deep-penetrating moisturizer for the extra-thick skin on your feet.

So if your feet are in need of repair, look for Smooth Touch products at your Dr. Scholl's Footcare Center. They're the next best thing to a new pair of feet.

Use as directed.

Dr. Scholl's

© 1990 Scholl, In

Newly crafted with a vintage look, artful arbors once again are sprouting up in gardens across the country. You can use them to frame a view, define a garden path, or create an elegant entry.



BY DOUGLAS A. JIMERSON

ARTFUL ARBORS

VERY VICTORIAN
The good things in life are always in style. Here, an old-fashioned white picket fence and vine-clad arbor capture the Victorian spirit in an Oregon rose garden. Chosen for fragrance, climbing roses and a Hall's honeysuckle vine clamber up the sides of the 8-foot-high structure.
Photograph: Karlis Grants
Design: Dulcy Mahar
Regional editor: Cathy Howard

To order project plan 50853, see page 141.





ARBORS

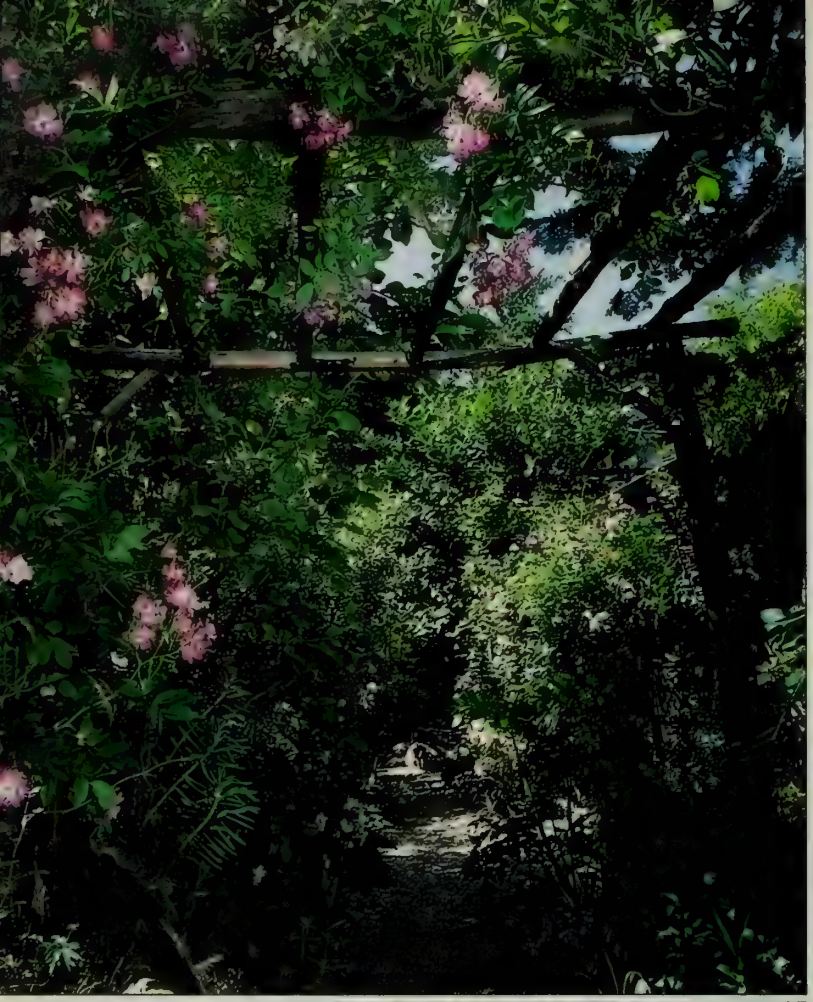
CROWNING GLORY

Like a bejeweled monarch, this regal, rose-encrusted arbor presides over a legion of eye-catching perennial flowers. Two 12×12-inch pillars support both the overhead wooden arch and the bloom-laden canes of the fragrant climbing roses. Fibrous begonias, evening primrose, iris, and lamb's ears grow nearby.

Photograph and design: Diane McConnell

To order project plan 50856, see page 141.

ARTFUL **ARBORS**



◀ROMANTICALLY RUSTIC

Building your own arbor can be just a blip in your budget. The owner of this garden set up a rustic hideaway simply by fastening redwood logs together. Old roses and wisteria smother the structure with bloom.

Photograph: Ernest Braun
Design: Josephine Zeitlin
Regional editor: Helen Heitkamp

To order project plan 50877, see page 141.

BOUNTIFUL BOWER▶

Every June a cloud of New Dawn roses bursts into bloom atop this St. Louis arch. Made entirely of redwood, the 7½-foot-tall structure provides an elegant transition between driveway and garden. Built-in benches beckon visitors.

Photograph: Barbara Martin
Regional editor: Mary Anne Thomson

To order project plan 50852, see page 141.



◀SIMPLY ELEGANT

What a way to say welcome! Here's a magnificent entry arbor that was designed to complement, rather than compete with, the home's stately exterior. The four 8-foot-tall pillars support an overhead trellis wreathed with Belle of Portugal roses. A classic garden of delphinium, cosmos, snapdragon, and hollyhock blooms nearby.

Photograph: Joan Vander Schuit
Design: Baby Bloomers Garden Design
Regional editor: Sharon Haven

To order project plan 50851, see page 141.



ARTFUL **ARBORS**

GREAT GATEWAY

Victorian gardeners were the first to enjoy the way a rose-clad arbor can dress up even the most humble garden gate. Here, an 8-foot-high lattice arbor is the high point of the ordinary gray fence and gate. Lattice panels attached to 4×4 support posts form the base of the arbor. Two 4×6 beams with scroll-cut ends hold up the arch while a pair of Climbing Blaze roses frames the view with bright red flowers.

Photograph: Karlis Grants. Design: Land Design Group. Regional editor: Cathy Howard

To order project plan 50854, see page 141.



MAIL-ORDER ARBOR

If you don't have the time or talent to build your own arbor, you can buy a ready-to-assemble model from Gardener's Eden. The arbor is constructed of treated, rot-resistant larch and Douglas fir. It's about 7 1/2 feet tall and will span a 4-foot-wide path. Cost, $198.

For more information about the arbor, write Gardener's Eden, Mail Order Department, P.O. Box 7307, San Francisco, CA 94120-7307. Item number 368787. Or, call 415/421-4242.

COUNTRY CLASSIC

Great-looking and hardworking, this graceful garden retreat divides the oversize California backyard into two parcels. One side of the structure is reserved for entertaining and the other contains practical areas like the family's vegetable garden, compost pile, and dog run. The two nearby benches are 18 inches deep with high backs that provide plenty of support for tired backs.

Photograph: Pamela Barkentin-Blackburn
Design: Marilyn Mullins. Regional editor: Joan Dektar

To order project plan 50841, see page 141.

LATE BLOOMERS

LITTLE BULBS FOR FALL COLOR



PHOTOGRAPHS: MARIS/SEMEL. GARDEN DESIGN: CONNI CROSS. REGIONAL EDITOR: BONNIE MAHARAM

Why wait until spring to enjoy the beauty of bulbs? Flowering just weeks after you plant them, late-blooming bulbs will fill your autumn garden with color.

BY DOUGLAS A. JIMERSON

STERNBERGIA

Just when you think the gardening season is drawing to an end, the perky, golden-yellow flowers of sternbergia burst into bloom. Growing only 8 inches tall, sternbergia looks best in a sunny rock garden or border edge. Plant this charmer where it will be protected from extreme heat and cold.

continued on page Z2

LATE BLOOMERS

continued from page Z1



HARDY CYCLAMEN

The lilac-pink flowers of hardy cyclamen (*Cyclamen hederifolium*) may be small, but they still get plenty of attention at bloom time. Because the plants like to grow where it's shady and moist, they're ideal for a woodland garden or shrub border. Hardy cyclamens are a bit more tender than other late bloomers and require a protective winter mulch wherever temperatures drop below freezing. Unfortunately, hardy cyclamens will not survive in the far North.





FALL CROCUS

Enjoy springtime in September with a generous helping of fall crocus. These pint-size flower factories serve up a profusion of purple, 6-inch bloom stalks that last right up till frost. For best results scatter small clumps of fall crocus bulbs around the bases of trees and shrubs, or plant them along the edge of a winding garden walkway.

CHICUM

ing like a miniature water lily, the le-flowered colchicum is one of the eye-catching autumn bulbs you can . Just remember to get it into the nd in early September. Colchicums are ardy that if you don't plant them diately, they'll flower on your back without benefit of soil or water. A e-flowered variety is also available. hicums grow 6 inches tall.

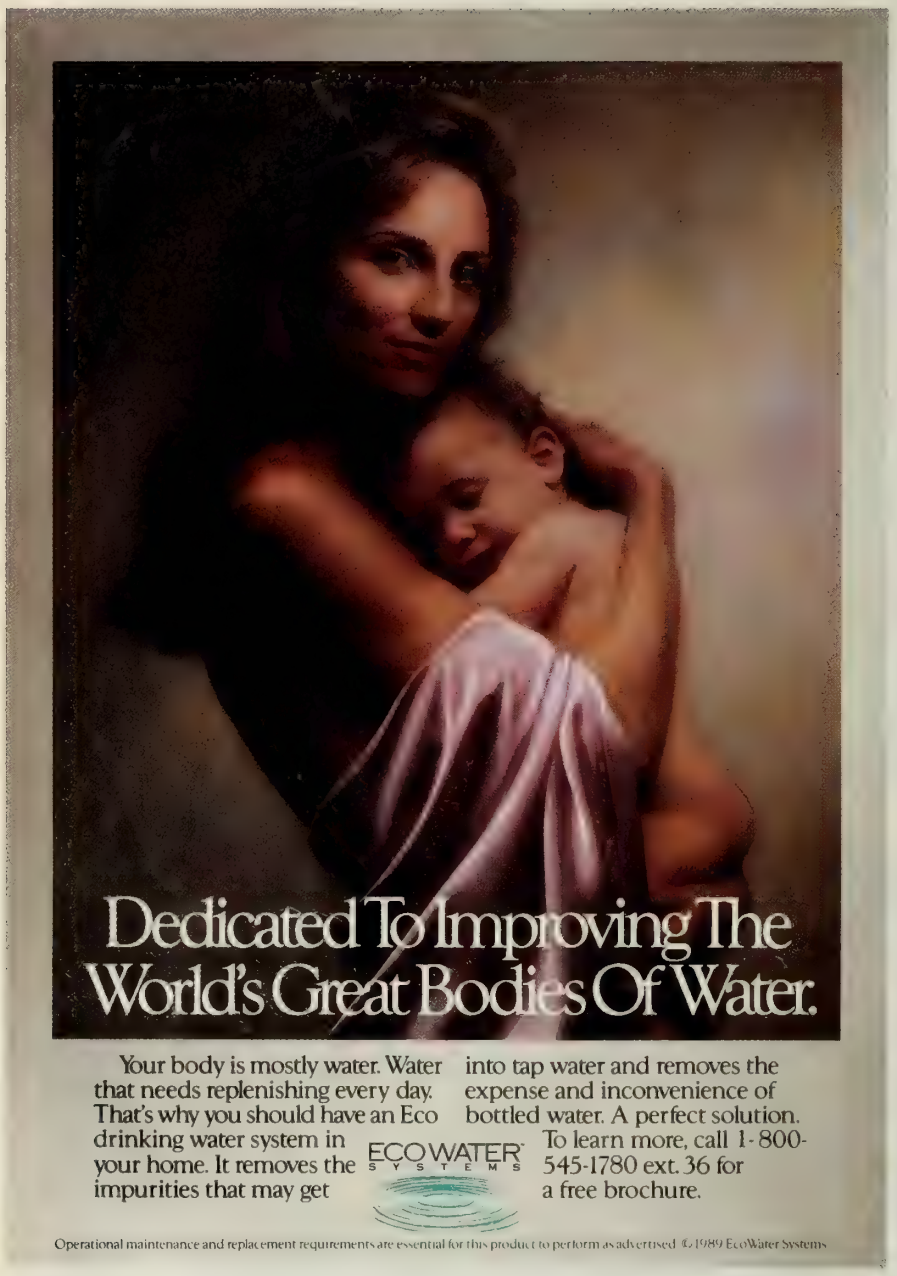
TEST GARDEN TIPS

Buy fall-blooming bulbs in late sum- while they're still dormant.

Plant immediately, placing bulbs 4 es deep in rich, well-drained soil.

Scatter small drifts or clumps of fall s in your garden. Grouped together, r small flowers will make a big sh of color.





thrive when rainfall is scarce. Some of our Test Garden favorites flourish in hot, dry conditions.

Annual flowers are probably your best choice if you have an arid landscape. Some of the most heat-tolerant annuals are portulaca, zinnia, tithonia, sanvitalia, salvia, marigold, petunia, nasturtium, globe amaranth, four o'clocks, gazania, celosia, California poppy, and cosmos.

Drought-resistant perennials include rudbeckia, coneflower, daylily, achillea, artemisia, gas plant, coreopsis, hardy lily, gaillardia, butterfly weed, cranesbill geranium, Siberian iris, malva, monarda, sedum, and veronica. Ornamental grasses are also capable of withstanding hot weather.

For background color choose heat-loving shrubs like cinquefoil (*Potentilla fruticosa)*, dwarf winged spindle tree (*Euonymus alata compacta*), vanhoutte spirea (*Spiraea x vanhouttei*), tamarisk (*Tamarix ramosissima*), yucca (*Yucca filamentosa*), and Scotch broom (*Cytisus scoparius*).

Herb plants are exceptionally heat-tolerant, too. Lavender, catmint, thyme, oregano, sage, and chives ignore parched soil.



GARDENING

DROUGHT-DEFYING GARDENS

Even during a drought, your landscape can bloom with color. Rely on shrubs, flowers, and herbs that



PHOTOGRAPH PETER KRUMHARDT

Gas plant, *Dictamnus albus*, is one perennial that thrives in dry weather.

Herbs are resistant to hot, dry conditions. Here, lavender puts on a summer show.

BATTLE OF THE BUGS: REDUCING PESTICIDE DANGERS

Each year some 20,000 people in this country are rushed to hospitals for pesticide poisoning.

Pesticides have been linked to cancer, birth defects, respiratory ailments, neurological problems, liver and kidney damage, and reproductive disorders. These chemicals bulldoze their way up the food chain, killing wildlife and polluting lakes, rivers, and drinking water.

We share the planet with insects, many of which are harmful. But keeping these critters at bay need not require chemical warfare. Here's a safer, less toxic approach to home pest control.



STEVE BJORKMAN

Try a nontoxic approach first.

Think like a bug

The safest way to control bugs is preventive maintenance. The key is to think like a bug. If you were an insect, where would you go? How would you get there? What would you eat?

Walk around your house and look for places where ants, roaches, or rodents can enter. Caulk window and door trim. Keep composting piles, trash cans, firewood, and other potential food and nesting sites away from the home. Keep debris out of your gutters. Trim branches or bushes that insects can use as a bridge to the house. Eliminate standing water under, inside, or near your home.

More power to your plants

Maintaining a healthy, vigorous lawn and garden will also discourage pests. Plants suffering from stress attract bugs. Use pest-resistant plants that are well suited for your climate. A mixture of two or more grass type is often heartier that a single monoculture. Avoid thatch buildup, and use slow-release organic fertilizers that don't shock the lawn. Regularly check and maintain your lawn's pH. Low-maintenance ground covers and drought-resistant xeriscaping can also help. Your local nursery and your county extension service should have enough information to get you started.

Escalate gradually

When some intervention is required, take the least toxic route. Organic, as opposed to commercial, pesticides are generally safer to use and less harmful to the environment. Although some natural pest controls like nicotine sulfate can be as toxic as chemical pesticides, most organic pesticides break down quickly in sunlight, or within 24 hours.

Organic controls use biological, botanical, and mechanical methods.

Biological controls include beneficial organisms like ladybugs, praying mantises, and purple martins that feed on insects. On a smaller scale the microbe called Bacillus thuringiensis, or Bt, is used to kill caterpillars.

Botanical controls such as pyrethrum (derived from the chrysanthemum daisy) are effective on a wide variety of pests, from fleas to roaches.

Mechanical pest controls include substances such as Tanglefoot, a gooey gel derived from the castor bean that snares insects and can be applied to the base of trees or vines. Insecticidal soaps, traps, and diatomaceous earth (a bug-destroying abrasive powder) are also useful.

Follow that bug

If your plants are being eaten, find out exactly what type of bug you have. Organic pesticides tend to be bug specific, while chemical pesticides kill a variety of bugs, harmful and otherwise. Capture one of the critters, and look it up in a book, or ask a nursery store owner to help you identify it.

Learning organic pest control methods takes time. But be observant, work with nature rather than against it, and you can make your home and garden a healthier, safer place.

Resources:

For a guidebook on pest control options and alternatives send for the "1990 Insect Pest Management for Home, Yard, and Garden" available from the University of Illinois College of Agriculture, Cooperative Extension Publications Office, 69C Mumford Hall, 1301 West Gregory Drive, Urbana, IL 61801. Cost is $1.

Two fact sheets you may find useful, one on lawn care and one on gardening tips, can be ordered for $2 each from the National Coalition Against the Misuse of Pesticides, 530 Seventh St., SE, Washington, DC 20003.

Robert Bryce is an Austin Texas-based journalist who specializes in environmental topics.

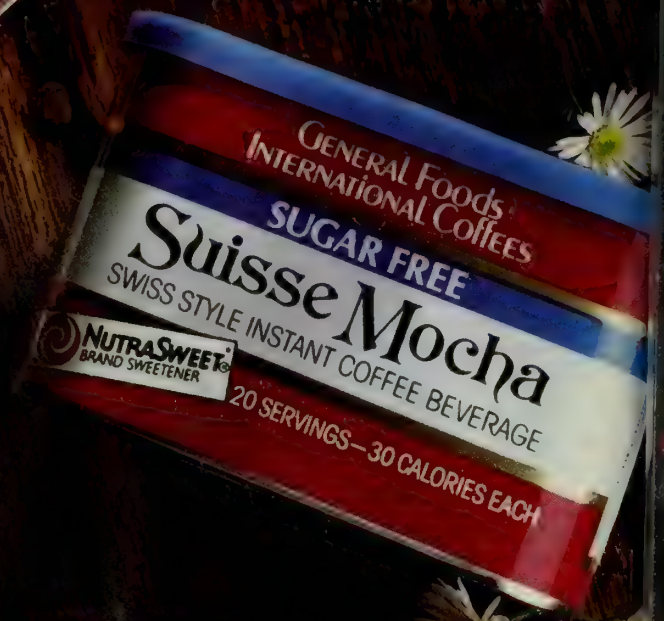
A morning walk in the woods. Fresh air. Wildflowers.

And a cup of our favorite coffee.

Simple pleasures are the best.

Every morning, the two of us take time to enjoy the simple things. Like a delicious cup of coffee.

Creamy, chocolatey Sugar Free Suisse Mocha from General Foods' International Coffees. Only 30 calories, it's a taste worth sharing.





Celebrate the moments of your life with General Foods International Coffees

© 1990 General Foods Corporation

"Sharing our love for perennial flowers
s the best part of gardening.
When we're together
n the garden, it never feels
ike work." —Alice Riggs



Alice and Dick Riggs.

A PASSION FOR PERENNIALS

BY JANE AUSTIN McKION

PERENNIALS



The bark path (*left*) meanders through drifts of perennials in the Riggses' 38×60-foot backyard. Free-form beds are edged with landscape timbers cut in varying lengths and anchored on end in the ground.

The decorative sundial (*right*) creates a dramatic focal point in the center of the garden.

Peonies and bearded irises (*below*) burst into riotous bloom in late spring.



Alice and Dick Riggses' St. Louis perennial garden is a metaphor for their happy life together. Like a good marriage, their flowers flourish side by side, setting a bright example for the world around them.

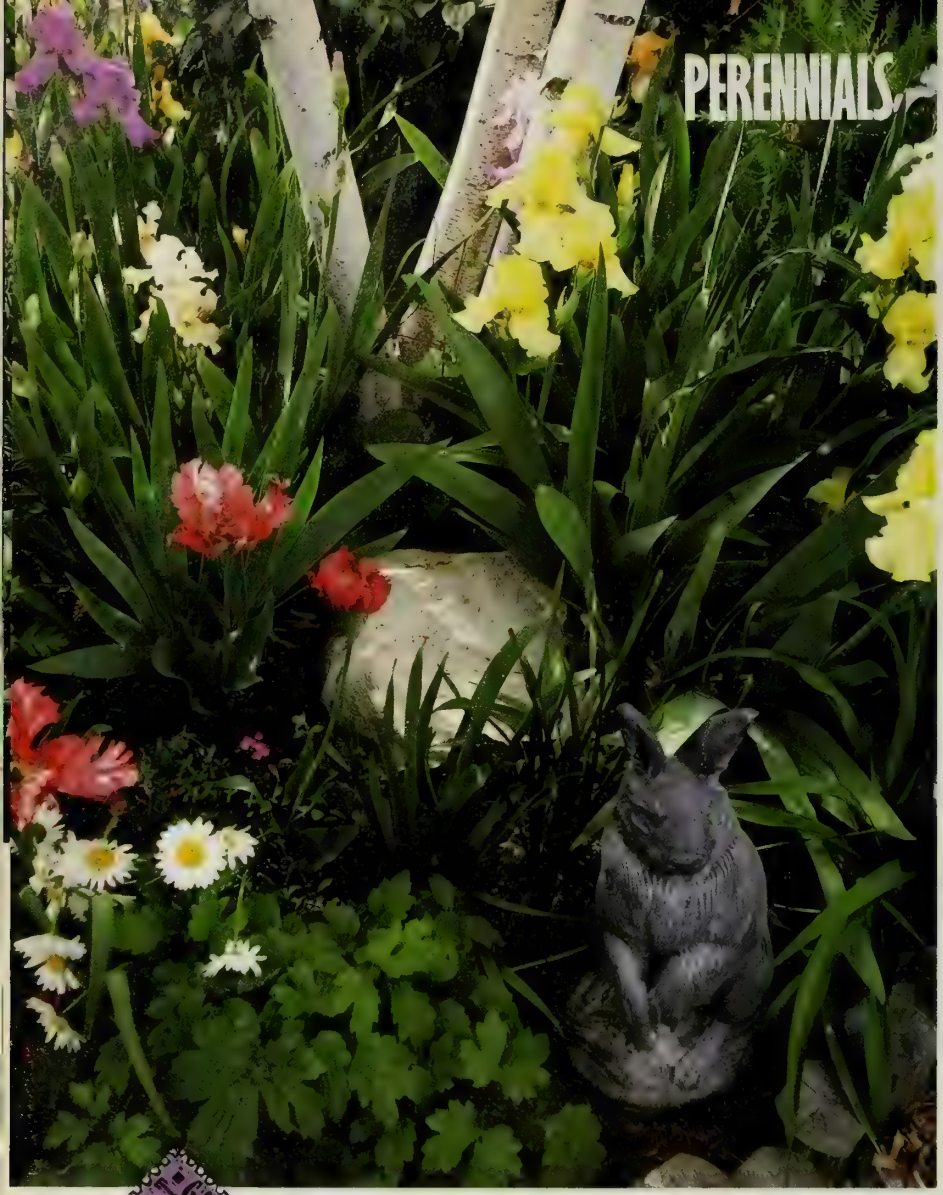
Partial to perennials that bloom in late spring and early summer, the couple confess that their favorite "children" are peonies, daylilies, and irises. "We prefer to grow flowers that bloom when we enjoy being outdoors the most," says Dick.

A MIDWINTER DAY'S DREAM

The Riggses' perennial garden plan took root one winter's day a few years ago when Alice outlined imaginary beds in their backyard with bright green yarn. "Dick still laughs when he thinks about me ankle-deep in snow, unraveling all of that yarn," says Alice. "But as silly as I looked, he loved the idea of creating a flower garden."

Daylilies, irises, and peonies are the Riggses' favorite flowers.





With youthful exuberance, the couple turned over their entire 38×60-foot lawn to perennials. "We're like two kids in a candy store," says Alice. "We didn't stop planting that first spring until there was something blooming in every inch of the garden." The initial groundbreaking behind them, the Riggses now enjoy the simple pleasures of garden upkeep.

August is the time to divide and plant flowers.

A thick mulch of shredded bark nearly eliminates tedious chores, like weeding and watering, until late summer. Then on warm August evenings, Alice and Dick dig, divide, and transplant their daylilies, peonies, and irises. (See the Test Garden tips, below). "We can't resist making changes," says Dick. "There's always room for improvement. After all, that's the ongoing beauty of gardening."

For buying information, see page 76.
To order perennials, see page 141.

TEST GARDEN TIPS

PERENNIAL POINTERS



● **Dig around an overcrowded plant** with a spade. Pry under root mass and lift it from the soil. If you divide plants in the fall, trim back foliage. (For spring divisions, leave the foliage intact.) Wash soil from roots.



● **Divide the clump** with a knife. Each peony division should have at least three eyes (growth buds) and each iris division at least one growing point (fan of leaves). Cut tangled daylily roots into several sections.



● **Plant divisions** in enriched soil. Plant irises so rhizomes are 1 inch below the soil surface. Eyes of peony divisions should be 1½ to 2 inches below ground. Set daylilies at the same depth as they grew before.

Anybody gotta match?

Nope. Nobody's ultra light can match Merit for flavor. Because way down here at these low tar numbers only Merit has Enriched Flavor.™ No wonder it's one of today's fastest growing brands. They may be able to offer you a light. But not a match.

Enriched Flavor,™ ultra low tar. A solution with Merit.



Merit Ultra Lights

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

© Philip Morris Inc. 1990

Kings: 5 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method.

There goes that bootie again!

Playing Footsie

An adorable porcelain collector doll capturing the playful innocence of a baby.



Quick…come and see what the baby's doing! Watch the sweet little face beam with excitement and delight, as baby pulls its bootie off and wiggles its tiny pink toes! It's an enchanting sight proud parents will cherish forever.

Now, this moment of playful innocence has been captured in a precious new porcelain doll—*Playing Footsie.*

An extraordinarily lifelike baby doll.

Superbly sculpted in a remarkably lifelike pose, the baby actually seems to be captured in motion. Just look at that exuberant expression, those chubby legs and the dimpled hand tugging at the bootie! The baby's head and limbs are crafted from fine bisque porcelain to reflect every adorable detail. Its precious features are painted entirely by hand. Notice the radiant complexion and rosy knees. Even the baby's eyebrows are delicately colored to match its wispy blond hair. From head to toe, *Playing Footsie* is a r collecting treasure!

Meticulously dressed and diapered.

Playing Footsie comes dressed in a fine hand-tailor piece outfit. The jacket is lavishly trimmed with lace accented with dainty bows of green satin ribbon. Th charming pants are adorned with a wide lace ruffle. neath, the baby wears a delicate white camisole and cloth diaper fastened with real safety pins! Complet outfit are those adorable knitted booties, adorned satin ribbons.

Charming accessories complete the endearing

Playing Footsie comes with its own quilted blanket, b with eyelet lace and decorated at each corner with hand-stitched roses. A miniature baby bottle is incl too—all at no additional charge.



the Danbury Mint
47 Richards Avenue • Norwalk, Conn. 06857

© 1989 MBI

Doll shown actual size.

Surprisingly affordable; satisfaction guaranteed.

g Footsie is offered at the remarkable
f just $79.50, payable in three monthly
nents of $26.50 which you may charge
MasterCard or VISA, if you prefer. Avail-
clusively from the Danbury Mint, your
cludes all accessories as shown, plus a
-numbered Certificate of Ownership. If
not delighted, you may return your doll
30 days of receipt for replacement or a
und.

joyful innocence of *Playing Footsie* will
your family and friends for many years to
To reserve your doll, please complete and
the Reservation Application today!

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Playing Footsie

Please return promptly.

Please accept my reservation for *Playing Footsie*, a hand-painted baby doll with head, arms and legs of bisque porcelain. The quilt and baby bottle will be included at no additional cost.

I need send no money now. I will pay for my doll in three monthly installments of $26.50* each, the first to be billed prior to shipment. If not completely satisfied, I may return the doll within 30 days for a replacement or full refund.

*Plus any applicable sales tax and $1.25 shipping and handling.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City _____ State _____ Zip _____

Charge each installment to my: ☐ MasterCard ☐ VISA

Credit Card Number _____ Expiration Date _____

Signature _____

All orders subject to acceptance.
Allow 8 to 12 weeks after initial payment for shipment.

A17

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

COUNTRY DECORATING GOES UPTOWN

Pages 28–29: Sofa, chairs, ottoman, pedestal table, marble-top pub table—The Guild Hall, 7700 Hall St., St. Louis, MO 63147. **Rug**—LA Rug Market, 3360 Livonia Ave., Los Angeles, CA 90046. **Lamp**—New Country Gear Collection, Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237. **Antique walnut table**—The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034.

Page 30: English Staffordshire China, bachelor's chest—The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034. **Table, chairs**—The Guild Hall, 7700 Hall St., St. Louis, MO 63147. **Lamps**—Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237.

Page 36: Hutch, china—The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034. **Lamp**—Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237. **Table, chairs**—Guild Hall, 7700 Hall St., St. Louis, MO 63147.

Page 37: Bed, armoire, chair, framed prints—The Guild Hall, 7700 Hall St., St. Louis, MO 63147. **Fabric on wall, window treatment, duvet**—"Demopolis" New Country Gear, The Guild Hall, 7700 Hall St., St. Louis, MO 63147.

SUMMER STYLE

Sittin' Pretty on the Porch

Page 45: Striped fabric on cushions—Ralph Lauren, Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036. **Floral pillow fabric**—Waverly, Division of F. Schumacher, 79 Madison Ave., New York, NY 10016.

Pages 46–47: Shades—K mart, 3100 W. Big Beaver Rd., Troy, MI 48084. **Floral fabric on pillows**—Waverly, Division of F. Schumacher, 79 Madison Ave., New York, NY 10016. **Striped fabric on cushions**—Ralph Lauren, Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036.

Pages 48–49: Skylight with custom-curved plexiglas—Auburn Plastic Engineering, 711 S. Vermont, Palatine, IL 60067. **Bluestone masonry flooring installed by**—Masonry by Fernando, 1175 W. Conway Rd., Lake Forest, IL 60045. **Sisal rug**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020.

Pages 50–51: Ceiling fan—Casablanca Fan Co., 64 E. Colorado Blvd., Pasadena, CA 91309. **Recessed lights**—Halo Lighting, Division of Cooper Industries, 400 Busse Rd., Elk Grove Village, IL 60007. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093. **Floor paint**—Benjamin Moore Company, 51 Chestnut Ridge Rd., Montvale, NJ 07645.

Pages 52–53: Skylights—Plastic Fabricators, Incorporated, 15233 E. Skelly Dr., Tulsa, OK 74145. **Paint**, "lambswool" eggshell enamel—Pratt & Lambert, Incorporated, 75 Tonawanda St., P.O. Box 22, Buffalo, NY 14240. **Hanging lights**—Halo Lighting, Division of Cooper Industries, 400 Busse Rd., Elk Grove Village, IL 60007. **Fabric on antique chair,** "red and white check"—Brunschwig & Fils, 979 3rd Ave., New York, NY 10022.

A PASSION FOR PERENNIALS

Pages 67–70: Outdoor light fixtures—Metro Electric Supply, 6805 Arsenal, St. Louis, MO 63139. **Sundial**—Replogle Globes, Inc., Chicago, IL 60639. **Hare**—Southern Statuary & Stone, 3401 5th Ave., S, Birmingham, AL 35222.

GREAT FOOD FOR FAMILY REUNIONS

Page 89: Handwoven rug—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110. **White plate**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Plastic fork and tumbler**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

Pages 90–91: Linens, metal bucket with flatware, flatware, and serving spoons and tray—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110. **Cranberry-colored bowl, table runner, mustard bowl, platter, terra-cotta bowl, and pitcher with flowers**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014. **Pitcher with beverage**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Corn-shaped casserole**–Bloomingdale's, 1000 Third Ave., New York, NY 10022.

Page 92: Black and white diamond rimmed plate, "Center Diamond"—Hartstone, Incorporated, 1719 Dearborne, P.O. Box 2626, Zanesville, OH 43701.

Page 93: Blue and white diamond rimmed platter—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Gourds, ceramic basket vase, blue Mexican glass bowl, terra-cotta casserole, hand-carved wooden bowl, and table runner**—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110.

Pages 94–95: Napkins and tablecloth, white platter with handles, white bowl, large jar with flowers, basket, and small avocado-shaped bowl—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Clear square platter,** "Italian Party Line"—Annieglass Studio, 303 Potrero #8, Santa Cruz, CA 95060. **Pitcher, glasses, and plates**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

PRIZE TESTED RECIPES®

Page 112 (*left*): Terra-cotta pizza baker—Planned Pottery, P.O. Box 5045, 2594 Portland St., Eugene, OR 97405. **(*Right*): Baking Dish,** "Verone"—Emile Henry, 1375 Jersey Ave., North Brunswick, NJ 08902.

SUNFLOWERS

Craft a Room of Blooms

Page 131 (*top right*): Sunflower book—"Sunflowers for Van Gogh" by David Douglas Duncan, Rizzoli International Publications, Incorporated, 597 Fifth Ave., New York, NY 10017.

Pages 132–133 (*lower left*): Pine cupboard, "Shaker Armoire Kit" No. 1800K—Yield House, North Conway, NH 03860; 800/258-4720. **(*Right*): Sunflower Quilt**—pattern courtesy of Stearns Technical Textiles, 100 Williams St., Cincinnati, OH 45215. **(*Far right*): Sunflower Poster**—Poster Originals, Limited, 330 Hudson St., New York, NY 10013; 800/638-0008. **Green and white striped sheets**—Scandia Downs, Valley West Mall, West Des Moines, IA 50265. **Yellow sheet**—Sheridan, 14 E. 60th St., Suite 1002, New York, NY 10022; 800/777-9563.

DIRECTORY OF ARCHITECTS, DESIGNERS

COUNTRY DECORATING GOES UPTOWN

Pages 28–37: Mark Abrams, The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034.

SITTIN' PRETTY ON THE PORCH

Pages 46–47: Interiors, Limited, Susan Van Orsdel, 304 29th St., Des Moines, IA 50312.

Pages 48–49: Designer/Builder—Robert S. Walker, Design Alternatives, 22745 N. Prairie Rd., Prairie View, IL 60069. **Landscape architect**—Craig Bergman, 1924 Lake Ave., Wilmette, IL 60091.

Pages 52–53: Architect—Steve Olsen, A.I.A. Olsen-Coffey Architects, 324 E. Third, Tulsa, OK 74103. **Contractor**—Pat McFarlin.

ARTFUL ARBORS

Pages 57–62: Baby Bloomers Garden Design 1125 Loma, Suite 111, Coronado, CA 92118 Land Design Group, P.O. Box 3594, Portland OR 97208. Diane McConnell, Gardens and Landscapes of Distinction, 248 Mountain Rd. Stanfordville, NY 12581. Josephine Zeitlin, Oak Knoll, Kentfield, CA 94904. Marilyn Mullins 6300 Orion Ave., Van Nuys, CA 91411.

Coffee break. Italian style.





The coffee break in Italy. Rich, meaningful, rewarding. Discover what a coffee break is meant to be with rich, continental style Medaglia d'Oro Espresso. Besides brewing authentic Italian espresso, Medaglia d'Oro is the perfect ingredient for making good things happen, like...

CLASSIC CAPPUCCINO: Heat milk to just below boiling. To foam milk, use the steam attachment on your espresso maker or briefly mix it in a blender. Add equal amounts of hot espresso and hot milk to a coffee cup. Sprinkle with shaved bittersweet chocolate and cinnamon.

Don't just make coffee. Make good things happen.

For other delicious ways to enjoy Medaglia d'Oro send 50¢ for postage and handling to Medaglia d'Oro Recipes, PO. Box 10220, Newport Beach, CA 92658-10220. Allow 6 weeks for delivery. Limit 1 per household.

MEDAGLIA D'ORO®

ESPRESSO

Authentic Italian Coffees since 1924

Available in ground roast, whole bean and decaffeinated.



We Don't Have A Bad Side.

No matter which side you look at – our Cheese Tortellini side or our Rice Pilaf side or our Spring Vegetables side or our Cheddared Potatoes with Broccoli side or our Ziti with Marinara side – you'll find a deliciously inventive side dish that'll make your main dish that much more special. In fact, we have so many sides you may have trouble de-siding. In case, you just may want to pick up three and forget your main dish altogether.

THE Budget GOURMET® SIDE DISHES

Expensive Food At Reasonable Prices.

Budget Gourmet is a registered trademark of The American Gourmet Company © 1990.



Ruth, Tom, and Dexter Touhill found a rural route to happiness.

BY CANDACE ORD MANROE

FIELD OF DREAMS

MAKING COUNTRY LIVING A REALITY

Not content to just dream about a slower, simpler life in the country, this suburban St. Louis couple grabbed some trowels and made it happen. Here's how they plowed the way.

Car phones were an imperative, not a luxury, in the fast-lane lives of Ruth and Tom Touhill. "We didn't need them just for business," explains Ruth, "but to stay in touch with each other."

Tom and Ruth kept the phones, but an hour's drive from their jobs in St. Louis, they've put on the brakes. In a 135-year-old limestone house on 200 acres called Stone Ledge Farm, the couple found the answer to a better life, one that features fresh country air, lazy days by the pond, and the relaxing whisper of wind on the leaves. Although the Touhills divide their time between city careers and rural home now, they hope to retire here eventually.

Sure, owning a second home in the country sounds like heaven—but who can afford heaven in these days of dual incomes and refinanced mortgages? To help fund their dream home, the Touhills came up with down-to-earth business ideas. Equipped with city-honed marketing skills and an earnest desire to work the land, this two-career couple find themselves knee-deep at Stone Ledge, growing 30 varieties of organic



Soon, guests will be hovering around the porch table, where potato salad and other fresh-from-the-garden fare await. Alfresco dining is a farm favorite. "The porch is our dining room during the summer months," says Ruth.

FIELD OF DREAMS





Country living means country sleuthing. Tom and Ruth relax in a pair of recovered floral chairs—junk-shop finds at $15 each.



Antiques from different eras and areas—including Depression-age quilts and a French desk—lend comforting character.

FIELD OF DREAMS

Ruth and Tom love to welcome friends and family to their country home.

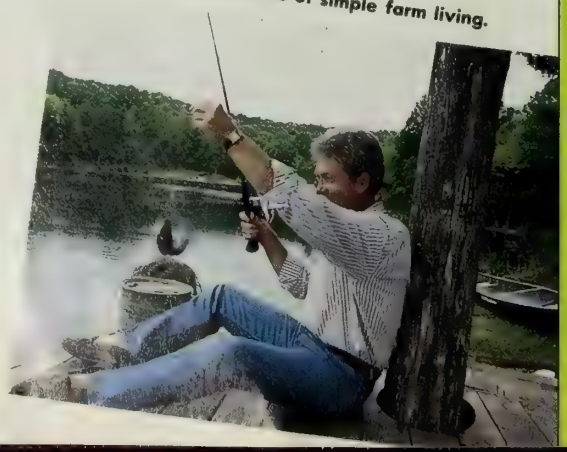
vegetables and selling them on a subscription basis to about 100 St. Louis families.

Organic farming also provides the Touhills with rewards that money can't buy. Says Ruth, "It feels good to put something back into the land—something that's chemical free."

Other soul-satisfying business opportunities have since sprouted at Stone Ledge. Now, the Touhills nurture a tree nursery and an antiques shop on the property. An admitted antiques junkie, Ruth scours farm sales and auctions for treasures to stock the barn-turned-antiques-shop. Thanks to

continued on page 87

Tom reels in the rewards of simple farm living.





GROWING VEGETABLES THE TOUHILL WAY

- **Start with rich, well-drained soil by adding rotted manure or compost.**
- **Buy seeds of disease-resistant varieties. If you purchase nursery transplants, check for insect pests.**
- **Apply a thick layer of organic mulch, such as straw or grass clippings, around plants to discourage weeds.**
- **Feed crops every two weeks with a foliar fertilizer, such as FoliaGro (a plant food made from sea kelp).**
- **Handpick insect pests as they appear. Fight large infestations with biological controls, such as insecticidal soaps, traps, or pathogens.**

AT HOME

WHERE THE LIVING IS EASY



SAVE $100 to $128
ON STYLISH 3-PC. SECTIONALS
WHEN YOU BUY THE GROUP

$999 Your choice, each

Featured is our Banning sofa, corner table, and chair upholstered in a rich velvet of Herculon® olefin. In soft taupe, shown, wedgewood blue, or ming green. When sold separately, prices total $1127.

Inset: Oak Ridge one-arm incliner loveseat, corner table and one-arm queen sleeper in handsome multicolors. When sold separately, prices total $1099.

All Sears upholstery features Scotchgard® Brand Fabric Protector.

Herculon Quality Advantage

Scotchgard

SEARS


Royal Court
COTTON



JUST $10* FOR THE DISTINCTIVE DEPARTMENT STORE QUALITY OF A BATH TOWEL MADE BY FIELDCREST MILLS

Enter the realm of Royal Court—our premier collection for the bath. Pure combed cotton bath towels are generously sized at 27x52 in. for over 9½ feet of ultra-absorbent, wraparound softness! 16 sumptuous solid hues, from jewel tones to mid-tones, neutrals to brights, plus elegant flamestitch or paisley patterns. Solid-color hand towel, $7 Washcloth, $4 Patterned bath, $14 Hand, $8 Washcloth, 4.50

*Solid bath towel price

16.96 22x35-in. bath rug
Fine saxony pile of DuPont Antron® nylon. Long-wearing latex back with exclusive full 7-yr. warranty. See store for details.

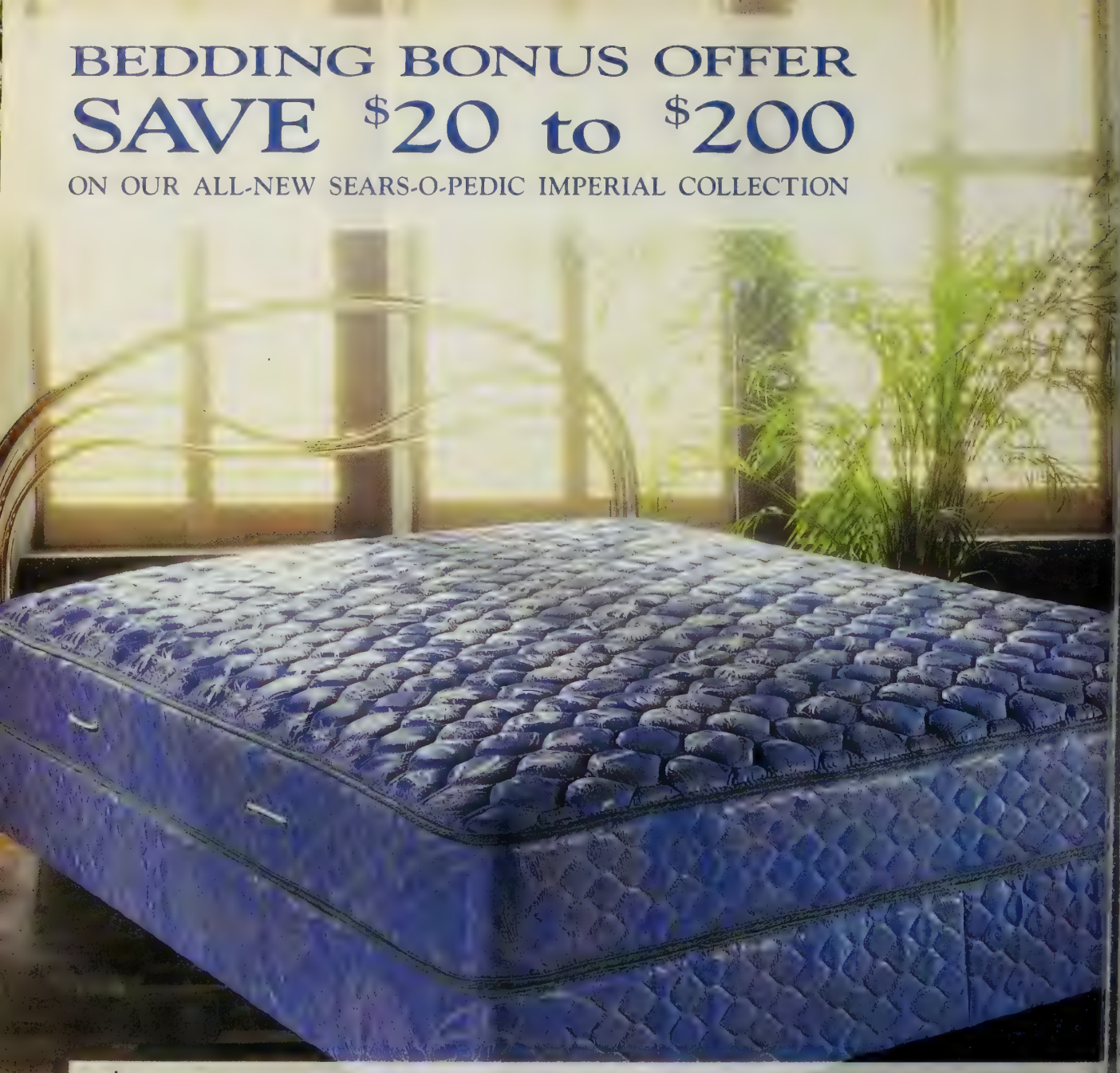
$35 Shower curtain
European-inspired designs are 23% fuller than standard shower curtains.

See our entire accessory collection!

BEDDING BONUS OFFER

SAVE $20 to $200

ON OUR ALL-NEW SEARS-O-PEDIC IMPERIAL COLLECTION



$119 Imperial Ultra Twin, ea. pc., reg. $139

$169 Full, ea. pc., reg. $199

$459 Queen, 2-pc. set, reg. $499

$549 King, 3-pc. set, reg. $599

INTRODUCING SEARS NEWEST AND FINEST BEDDING— WITH SPECIAL SAVINGS OFF OUR EVERYDAY LOW PRICES

Sears exclusive MIRACLE EDGE reinforced border design gives sleeping comfort over the full width of the mattress—no sagging edges! Durable innerspring aids proper postural alignment. Save on all Imperials for a limited time, reg. $139 to $1499, **$119 to $1299**

Save through September 3. Limited 15, 18, and 20-yr. warranties. See store for details. King and queen sold only in sets. King requires 2 foundations.

All prices listed in this merchandise offering apply only to the continental USA except Alaska. ©Sears, Roebuck and Co. 1990

YOU COULD WIN A NEW CHRYSLER IMPERIAL!



NO PURCHASE NECESSARY. See store for details and official rules. You must be 18 years of age or older to enter. Employees of Sears, Sealy, and Chrysler, and members of their immediate households are not eligible. Last day to enter is September 3, 1990. Residents of Ohio and Michigan may enter by printing their name, address, age, and telephone number on a 5x3-in. piece of paper and mailing it to: Sears Imperial Sweepstakes, P.O. Box 1820, Evanston, IL 60201. ONE ENTRY PER PERSON PER DAY. Void where prohibited.

SEARS

Your money's worth and a whole lot more.



FIELD OF DREAMS

Life may not always be a picnic when you live in the country—but dinner can be!

continued from page 82

a healthy country grapevine, she now has a thriving antiques trade. "The shop is open only on weekends. I'll have to save that career for another life," Ruth laughs.

This city-weary couple quickly discovered that Stone Ledge Farm offers a lifestyle too good for part-time status. As a result, the buff-colored limestone farmhouse, built by a German family in 1855, is now the Touhills' primary home.

Although the Touhills sold their suburban house, they both maintain their careers in the city—Tom as a corporate vice president, and Ruth as a property rehabilitator and manager. Now, they keep an apartment in St. Louis as a pied-à-terre for meeting those obligations. But more often than not, their evenings are spent at Stone Ledge, where heart, soul, and sweat are invested.

But wait a minute, with both a working farm and downtown careers, haven't the Touhills simply heaped more responsibility onto their plates of life? What happened to merging into the slow lane of country living? "Actually, it's a nice break to work the land, after all day at a corporation," Tom says. Like many rural converts, this couple becomes revved up, rather than weighed down, by their additional, open-air chores.

Even so, to lighten the load of their dual lives, the Touhills have hired workers to look after the day-to-day farm activities while they tend to their city jobs. And the Stone Ledge operations are, well, growing. "Now, we're expanding the farm—putting in herbs and perennials like asparagus and strawberries—and our subscriber list is getting longer," says Ruth.

Still, the couple's new country lifestyle is far from all work and no play. Stone Ledge Farm offers its own set of back-to-basic pleasures.

Tucked in among the shade trees, a 6-acre pond beckons swimmers, canoers, and anyone with a pole and a line. When the couple's three grown children visit in the summer, the spacious deck encircling the pond is one of their first destinations. "The pond has really come in handy as a survival tool during the summer heat," says Tom. "We jump in often, then barely have to use the home's air conditioner at all."

One of the couple's greatest joys since moving to the farm is entertaining. Nothing swank or glitzy, or even for adults only. "In this age of so much sophisticated entertainment and electronics," says Ruth, "kids really like this kind of old-fashioned fun at the farm. So do we."

THINKING OF MAKING A MOVE?

Ruth and Tom Touhill have discovered the special rewards of country life, but they'd be the first to point out the unique toils and troubles, too. Is farm living the life for you? To find out, do some research before you pack the family into the pickup and chase your dream down a rural route. Talk to acreage dwellers, for instance. And head to a library or bookstore for books on country living. Here are a few suggestions to get you started:

- ***Life After the City,* by Charles Long; Camden House Publishing, a division of Telemedia Publishing, Inc., 7 Queen Victoria Rd., Camden East, Ontario K0K 1J0 Canada; 800/267-7833; 1989; $12.95.**
- ***Country Cured,* by Jerry Bledsoe; Longstreet Press, Inc., 2150 New Market Pkwy., Suite 102, Marietta, GA 30067; 404/980-1488; 1989; $14.95.**
- ***Real Farm,* by Patricia Tichenor Westfall; Wendy Crist, New Chapter Press, 381 Park Ave., S, New York, NY 10016; 800/356-9315; 1989; $14.95.**
- ***Finding and Buying Your Place in the Country,* by Les Scher; Collier Books, Macmillan Publishing, 866 Third Ave., New York, NY 10022; 212/702-2000; 1988; $19.95.**



You'll flip over our new mustard.

There's no mistake about it. Lawry's® new Golden Dijon Mustard comes in an upside-down bottle. So convenient, just squeeze it on. So delicious, it's a perfect blending of tangy Dijon and mild yellow mustards. With just the right flavor to brighten your favorite foods.

Treat yourself to Lawry's Golden Dijon. And see how we're turning the flavor of mustard upside down.

©1990 Lawry's Foods, Inc.

GREAT FOOD FOR FAMILY REUNIONS

Grandpa reminisces. Cousins get reacquainted. And everyone settles on the lawn with a generous plate of food. That's the heart of a family reunion.



BY LISA HOLDERNESS

RECIPES BEGIN ON PAGE 97

Photographed at John Gardiner's Rancho Valencia Resort, Rancho Santa Fe, California

GREAT FOOD



Just like your kitchen at home, the food table is where your loved ones will congregate at your next family reunion. Sampling every dish and swapping recipes is part of the fun. From kid-pleasing bar cookies to home-style casseroles, choose from our 20 recipes created especially for family gatherings. Whether serving 10 or 30, these recipes can be adjusted to fit your gang's appetite, and many can be made days ahead.

1 & 2. **CHICKEN PINWHEELS WITH MUSTARD SAUCE:** For midday grazing, set out ham-stuffed chicken spirals, a zippy mustard sauce, and fixin's for sandwiches.

3. **APPLE AND MELON TOSS:** A patch of pastel melon balls tops this nutty apple-and-yogurt salad. Serving as many as 50? No problem with this easy recipe.

4. **STRAWBERRY PINEAPPLE-ADE:** Make this triple-fruit sipper at the reunion site. Bring the cans of juice concentrate along and mix them with water before serving.

5. **GRILLED BASIL BURGERS:** To turn out a better-than-basic burger, mix in fresh basil for more flavor. Remember the pickles, onions, lettuce, and condiments, too.

6. **SUCCOTASH SLAW:** Go beyond plain coleslaw with just five ingredients. Fix a smoky bacon and vegetable salad that will bring everyone back for more.

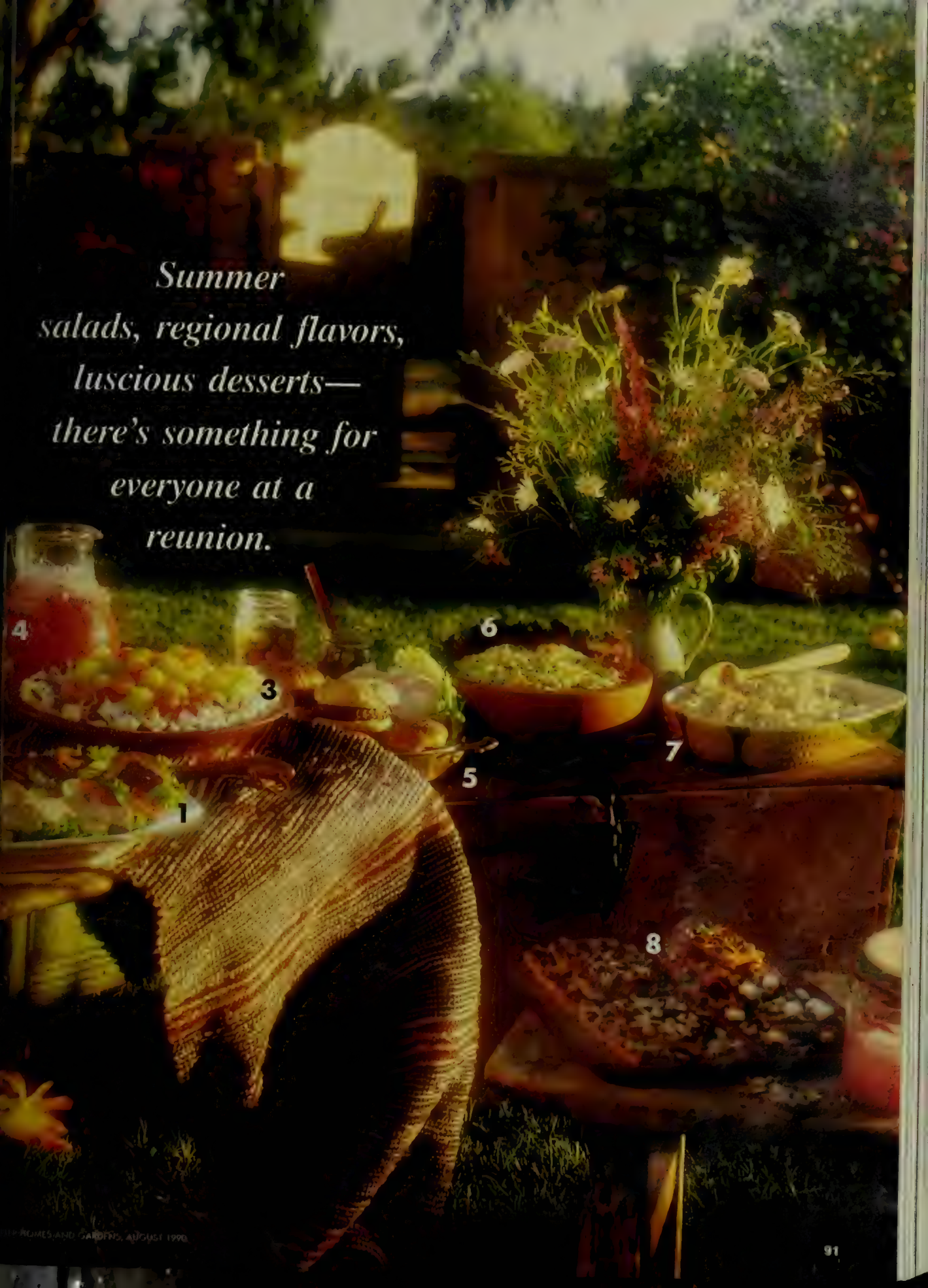
7. **ASPARAGUS BAKE:** Here's a down-home casserole that's a crowd pleaser. Pair either asparagus or broccoli with the pasta, creamy mustard sauce, and crunchy topper.

8. **4-WAY BARS:** Just one dough makes four different bar cookies—all in the same baking pan, all delicious. This way, folks can pick their favorite combination.

Family reunion recipes begin on page 97.



PHOTOGRAPHS: JOAN VANDERSHUIT FOOD STYLIST: MABLE HOFFMAN


Summer salads, regional flavors, luscious desserts—there's something for everyone at a reunion.
4
3
6
7
5
1
8

GREAT FOOD





9. TWO-BEAN AND RICE SALAD: Spice it up. Chili peppers, cilantro, and a tangy dressing boost this bean salad above the rest.

10. CINNAMON FRUIT COMPOTE: Gorgeous layers of fruit piled high and drizzled with cinnamon syrup make a refreshing dessert you'll feel good about serving.

11. TAMALE PIE: Calling all grandparents, cousins, and especially kids for a heaping helping of this Mexican casserole.

12. OATMEAL CARAMEL BARS: These gooey chocolate, caramel, and nut bars will be a big hit. Fortunately, one recipe makes a bunch.

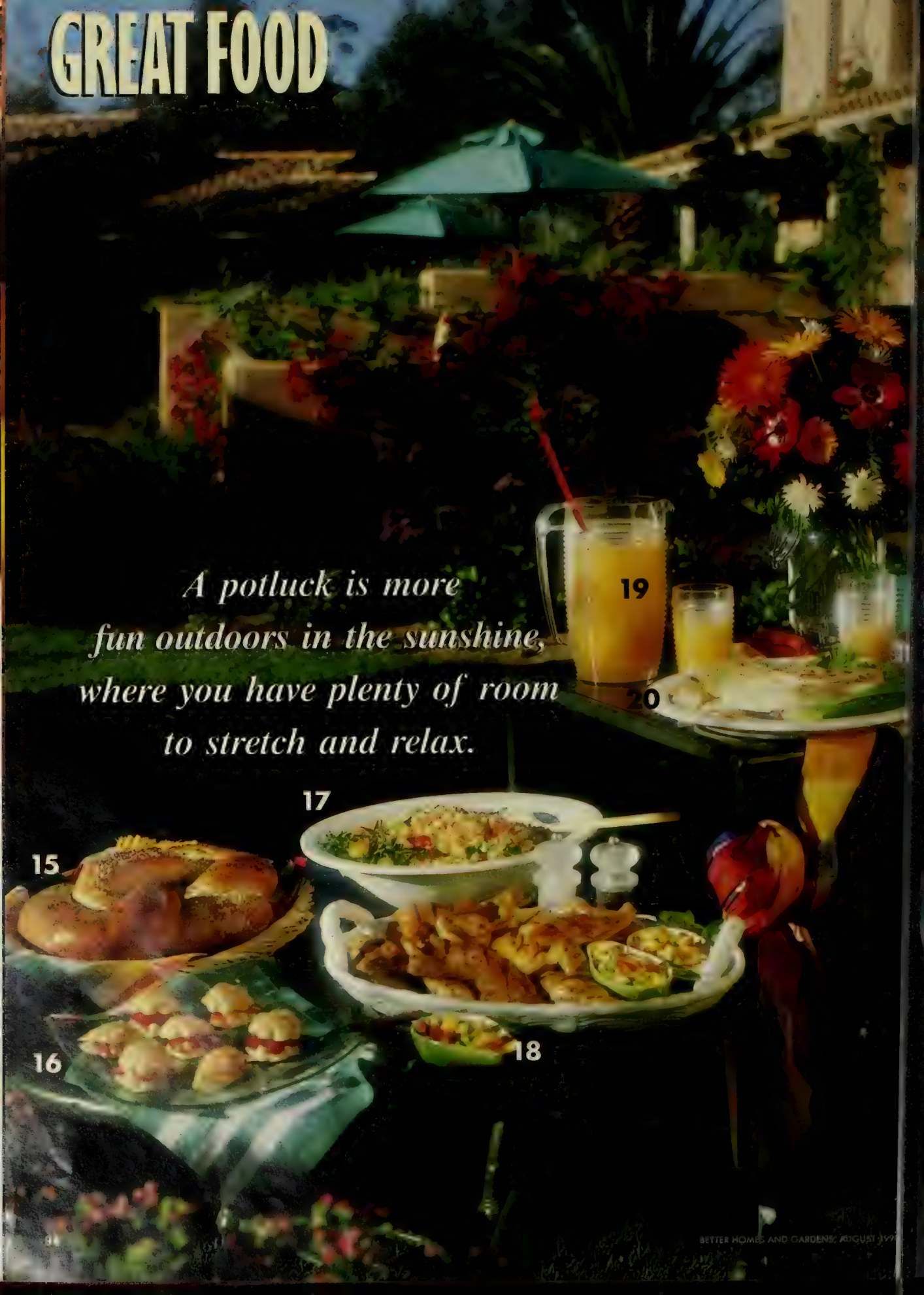
13. STRAWBERRY-CHOCOLATE ALMOND TORTE: Now you see it, now you don't. Eight luscious layers won't last long on your reunion table.

14. NUTTY NIBBLE MIX: Peanuts! Get your peanuts, pumpkin seeds, Chinese noodles, and other crunchy savories. But nibblers beware: This spiced-up party mix can be addicting.

Family reunion recipes begin on page 100.

GREAT FOOD

A potluck is more fun outdoors in the sunshine, where you have plenty of room to stretch and relax.





15. REUNION BREAD: Just as generations come together for a family reunion, the three rings of this bread hook together to make one giant loaf. Each ring is stuffed with a different savory filling; choose from sautéed onion, pesto and nut, and cheese and mustard.

16. MINIATURE FRUIT TARTS: Tiny, yes, but each bite-size dessert tart is full of ripe fruit flavor. Bake, fill, and chill tarts the night before or early on the morning of your reunion.

17. GARDEN-FRESH COUSCOUS SALAD: Salads, and lots of them, make a picnic. This colorful, summery salad will go fast, so you may want to fix a double batch.

18. AVOCADO-PAPAYA SALSA: There's more to salsa than tomatoes and heat. Spoon chunky, homemade fruit salsa atop grilled chicken, fish, or pork chops for a sweet and tangy accompaniment.

19. APRICOT WINE COOLERS: Mix and freeze these party coolers till frozen. Then, during the festivities, stir a bottle of carbonated water into the frozen mixture till slushy and relax with a tall glassful in hand.

20. SALMON AND GOUDA PÂTÉ: When the adults want something extra special to nibble on, try a savory appetizer pâté. Tote it to the reunion in the pan and turn it onto a platter just before serving.

Buying information, page 76.

Family reunion recipes begin on page 105.

Hormel® and Creamette®

STIR UP SOMETHING GOOD.



SPAGHETTI PRIMAVERA SALAD WITH HAM

- ½ of a (1-pound) package Creamette® Spaghetti, broken into halves
- 2 cups fresh broccoli flowerets
- 1 cup thin carrot strips
- 1 cup cherry tomato quarters
- ⅔ cup bottled Italian dressing
- ¼ cup grated Parmesan cheese (optional)
- 1 (6¾-ounce) can Hormel® Chunk Ham, flaked

Prepare Creamette® Spaghetti according to package directions, *adding broccoli and carrot during last 2 minutes of cooking time*; drain. In large bowl, combine spaghetti, broccoli, carrot and next three ingredients; toss to mix. Add Hormel® Chunk Ham; toss to mix. Serve immediately or cover and chill thoroughly. Toss gently before serving. Garnish as desired. Refrigerate leftovers. 4 to 6 servings.



CHICKEN-MACARONI SALAD

- ½ of a (1-pound) package Creamettes® Elbow Macaroni, uncooked
- 2 (6¾-ounce) cans Hormel® Chunk Chicken or Turkey Breast, flaked
- 1 medium cucumber, seeded and chopped
- ½ cup sliced radishes
- ½ cup sliced celery
- ¼ cup sliced green
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 to 2 tablespoons vinegar
- 1 teaspoon salt
- ¼ to ½ teaspoon dill
- 6 drops bottled hot sauce

Prepare Creamettes® Elbow Macaroni acc package directions; drain. In medium bow macaroni, Hormel® Chunk Chicken and next ingredients; mix well. In small bowl, blend rem ingredients. Add to salad mixture; toss to coat. C thoroughly. Toss gently before serving. Garnish as Refrigerate leftovers. 6 to 8 servings.

Creamette

Horm

©1990 Borden, Inc.

©1990 Geo A. Hormel C

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe we give important nutrition information. The calorie count of each serving and amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.

Also, look for vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.

We use the first serving size listed.

WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

Calories—2,000
Protein—50 grams
Fat—no more than 67 grams
Cholesterol—no more than 300 milligrams
Sodium—500 to 3,000 milligrams
Fiber—20 to 30 grams

Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

GREAT FOOD

FOR FAMILY REUNIONS

(Pictured on pages 89-95.)

1. CHICKEN PINWHEELS

Bake the pinwheels one day ahead. To tote, slice and pack in a storage container in a cooler with ice.

- **6 skinned, boneless large chicken breast halves (about 1½ lb. total)**
- **1 Tbsp. Dijon-style mustard**
- **¾ tsp. lemon-pepper seasoning**
- **¼ tsp. garlic powder**
- **¼ tsp. onion salt**
- **6 thin slices boiled ham**
- **Paprika**
- **Leaf lettuce (optional)**
- **32 slices rye party bread *or* other thin bread slices, cut into quarters**
- **2 large tomatoes, thinly sliced and quartered**
- **1 small cucumber, bias-sliced ¼ inch thick**
- **1 recipe Mustard Sauce (see recipe, right)**

● **Rinse chicken;** pat dry. Place *each* breast half, boned side up, between 2 pieces of plastic wrap. Working from the center to the edges, pound lightly with the flat side of a mallet to ¼-inch thickness. Remove plastic wrap.

● **Lightly spread each breast** with the Dijon-style mustard. Combine lemon-pepper seasoning, garlic powder, and onion salt. Sprinkle over mustard.

● **Place 1 ham slice** on each chicken breast, folding the ham to fit. Starting with a long edge, roll up chicken with ham inside. If necessary, secure with wooden toothpicks. Place rolls, seam side down, in a 12x7½x2-inch baking dish. Sprinkle with paprika.

● **Bake in a 350° oven** for 35 minutes or till chicken is no longer pink. Cool. Cover and chill up to 24 hours.

● **To serve, cut chicken rolls** into ¼-inch slices. Line a large serving platter with lettuce. Arrange chicken slices, bread, tomato, and cucumber on the platter. Serve with Mustard Sauce. Makes about 15 servings.

For 30 servings: Double all of the ingredients. Bake the chicken rolls in two 12x7½x2-inch baking dishes.

Nutrition information per serving with Mustard Sauce: *150 cal., 15 g pro., 9 g carbo., 7 g fat, 38 mg chol., 491 mg sodium, 200 mg potassium, and 0 g dietary fiber. U.S. RDA: 12% vit. C, 21% thiamine, 10% riboflavin, 42% niacin.*

2. MUSTARD SAUCE

This easy-to-mix spread doubles as a zippy sauce for roast beef, grilled pork, or burgers—

- **¼ cup dairy sour cream**
- **¼ cup mayonnaise *or* salad dressing**
- **1 Tbsp. Dijon-style mustard**
- **1 tsp. prepared horseradish (optional)**

● **In a small bowl stir together** sour cream, mayonnaise or salad dressing, mustard, and horseradish. Cover and chill till serving time. Makes ½ cup.

For 30 servings: Double all of the ingredients.

Nutrition information per teaspoon: *23 cal., 0 g pro., 0 g carbo., 2 g fat, 2 mg chol., 34 mg sodium, 4 mg potassium, and 0 g dietary fiber.*

continued on page 98

GREAT FOOD
FOR FAMILY REUNIONS

continued from page 97

3. APPLE AND MELON TOSS

- **5 cups assorted melon balls (watermelon, cantaloupe, honeydew, Persian, *and/or* casaba)**
- **1 8-oz. carton lemon yogurt**
- **2 Tbsp. orange juice *or* orange liqueur**
- **½ of a 4-oz. container frozen whipped dessert topping, thawed**
- **3 medium apples, cored and coarsely chopped (3 cups)**
- **½ cup broken pecans**

● **Store the melon balls** in a tightly covered 2-quart container. Chill till serving time.

● **In a 1½-quart covered container** stir together yogurt and juice or liqueur; fold in thawed dessert topping. Stir in chopped apples. Cover and chill for up to 4 hours.

● **Transport both containers** in a cooler with ice. To serve, spoon apple mixture onto platter; sprinkle broken pecans over apple mixture. Spoon melon balls over apple mixture, leaving apple mixture showing around the edges. Makes about 15 servings.

For 30 servings: Use *10 cups* melon balls or *five 16-ounce packages* frozen melon balls, thawed and drained; *two 8-ounce cartons* lemon yogurt; *¼ cup* orange juice or orange liqueur; *one 4-ounce container* frozen whipped dessert topping, thawed; *6* chopped apples; and *1 cup* broken pecans. Arrange the salad on two platters or in a very large bowl.

For 50 servings: Use *16 cups* melon balls or *eight 16-ounce packages* frozen melon balls, drained and thawed; *three 8-ounce cartons* lemon yogurt; *⅓ cup* orange juice or orange liqueur; *one 8-ounce container* frozen whipped dessert topping, thawed; *10* apples, and *1½ cups* broken pecans. Arrange the salad on two very large platters.

Nutrition information per serving: *92 cal., 2 g pro., 14 g carbo., 4 g fat, 1 mg chol., 27 mg sodium, 248 mg potassium, and 2 g dietary fiber. U.S. RDA: 14% vit. A, 11% vit. C.*

4. STRAWBERRY PINEAPPLE-ADE

- **1 6-oz. can frozen lemonade concentrate, thawed**
- **1 6-oz. can frozen pineapple juice concentrate, thawed**
- **1 6-oz. can frozen strawberry-flavored daiquiri mix concentrate, thawed**
- **5 cups ice cold water**
- **Ice cubes *or* ice ring**
- **1 cup fresh strawberries, hulled and sliced**

● **In a large pitcher, punch bowl,** or vacuum bottle, stir together lemonade concentrate, pineapple concentrate, and daiquiri concentrate. Add cold water, stirring gently. Add ice. Float berry slices atop. Makes 15 servings.

For 30 servings: Double all of the ingredients.

Nutrition information per 4-ounce serving: *72 cal., 0 g pro., 18 g carbo., 0 g fat, 0 mg chol., 5 mg sodium, 78 mg potassium, 0 g fiber. U.S. RDA: 21% vit. C.*



5. GRILLED BASIL BURGERS

To make burgers ahead, wrap uncooked patties in freezer wrap and freeze for up to 3 months. The night before grilling, thaw in refrigerator—

- **1 slightly beaten egg**
- **⅔ cup chopped onion**
- **½ cup grated Parmesan cheese**
- **¼ cup snipped fresh basil *or* 1 Tbsp. dried basil, crushed**
- **¼ cup catsup**
- **2 cloves garlic, minced**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 lb. ground beef**
- **1 lb. ground raw turkey**
- **8 hamburger buns, split and toasted**
- **8 tomato slices**

● **In a mixing bowl combine** egg, onion, Parmesan cheese, basil, catsup, garlic, salt, and pepper. Add ground beef and turkey; mix well.

● **Shape meat mixture** into eight ¾-inch-thick patties. Wrap patties individually in plastic wrap if refrigerating or toting. To tote, pack the patties with ice in a cooler for up to 4 hours.

● **To grill, place patties** on the grill rack directly over *medium* coals. Grill for 15 to 18 minutes or till juices run clear, turning once. Serve patties on buns with fresh tomato slices. Makes 8 servings.

For 16 servings: Double all of the ingredients. Combine meat mixture in a large mixing bowl.

For 32 servings: Make two separate double batches of meat mixture.

Nutrition information per serving: *301 cal., 20 g pro., 28 g carbo., 12 g fat, 76 mg chol., 561 mg sodium, 350 mg potassium, and 2 g dietary fiber. U.S. RDA: 13% vit. C, 28% thiamine, 30% riboflavin, 34% niacin, 20% calcium, 18% iron.*

6. SUCCOTASH SLAW

- **2 10-oz. pkg. frozen succotash (lima beans and corn)**
- **8 cups shredded cabbage with carrot**
- **4 slices bacon, crisp-cooked, drained, and crumbled**
- **½ cup sliced radishes**
- **1½ cups coleslaw dressing**

● **Cook succotash** according to package directions; drain well and cool.

● **In a 2½-quart covered container** or large salad bowl combine cooled succotash, shredded cabbage with carrot, bacon, and radishes; cover. Chill up to 6 hours. To transport, place cabbage mixture and dressing (in separate containers) in a cooler with ice.

● **To serve, toss** together vegetables and dressing. Makes 15 servings.

For 30 servings: Double all of the ingredients.

Nutrition information per serving: *168 cal., 3 g pro., 17 g carbo., 11 g fat, 17 mg chol., 373 mg sodium, 229 mg potassium, and 3 g dietary fiber. U.S. RDA: 29% vit. A, 33% vit. C.*

7. ASPARAGUS BAKE

Assemble ahead and chill up to 24 hours. Bake 35 minutes or till hot—

- **4 oz. broken spaghetti**
- **2 10-oz. pkg. frozen cut asparagus *or* broccoli**
- **1 10¾-oz. can condensed cream of celery soup**

continued on page 100



GREAT FOOD
FOR FAMILY REUNIONS

continued from page 99

- ½ cup dairy sour cream *or* plain yogurt
- ¼ cup milk
- 1 to 2 Tbsp. Dijon-style mustard
- 1 2-oz. jar diced pimiento, drained
- ¼ cup grated Parmesan cheese
- 2 Tbsp. fine dry bread crumbs
- 1 Tbsp. margarine *or* butter, melted

● **In a Dutch oven cook** spaghetti, uncovered, in boiling water for 6 minutes. Add asparagus or broccoli; return to boiling. Cook for 2 minutes more. Drain spaghetti and asparagus or broccoli.

● **In a large mixing bowl stir together** soup, sour cream or yogurt, milk, and mustard. Stir in spaghetti mixture, pimiento, and *3 tablespoons* of the Parmesan cheese. Spoon into a 12x7½x2-inch baking dish.

● **In a small mixing bowl stir together** fine dry bread crumbs, melted margarine or butter, and the remaining 1 tablespoon Parmesan cheese. Sprinkle over spaghetti mixture.

● **Bake in a 350° oven** for 30 to 35 minutes or till heated through. *Or,* use a microwave-safe dish and microcook on 100% power (high) for 7 to 9 minutes, rotating the dish after 4 minutes. Makes 10 servings.

For 20 servings: Double all of the ingredients. Combine in a 4-quart casserole. Bake, uncovered, in a 350° oven about 45 minutes or till hot. Do not use microwave directions.

For 30 servings: Make one recipe for 10 servings and one recipe for 20 servings. Do not follow the microwave directions.

Nutrition information per serving: *134 cal., 5 g pro., 16 g carbo., 6 g fat, 11 mg chol., 351 mg sodium, 245 mg potassium, 1 g dietary fiber. U.S. RDA: 14% vit. A, 34% vit. C, 10% riboflavin.*

8. 4-WAY BARS

After cutting the bars, leave them in the pan to make transporting easier—

- 1 cup margarine *or* butter
- 1 cup packed brown sugar
- 1 egg
- 2 tsp. vanilla
- 2 cups all-purpose flour
- 3 Tbsp. semisweet chocolate pieces, melted and cooled
- ¼ cup semisweet chocolate pieces
- ¼ cup tiny marshmallows
- ¼ cup chopped walnuts *or* pecans

• • •

- ⅓ cup creamy peanut butter
- ⅓ cup coarsely chopped candy-coated milk chocolate pieces

• • •

- ¼ cup seedless red raspberry preserves
- ¼ cup coarsely chopped almonds

• • •

- ¼ cup milk chocolate pieces
- ¼ cup coconut
- ¼ cup caramel ice-cream topping

● **In a large mixing bowl beat** margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar; beat till fluffy. Add egg and vanilla. Beat well. Stir in flour. Transfer *half* of the mixture (about 1¼ cups) to a 15x10x1-inch baking pan. Pat dough evenly into *half* the pan crosswise.

● **Stir melted chocolate** into the remaining batter. Pat chocolate dough into the remaining half of the pan.

● **Bake in a 350° oven** for 15 minutes. Remove from oven.

● **Sprinkle** *half* of the chocolate crust with the ¼ cup semisweet chocolate pieces; let stand for 1 to 2 minutes. When softened, spread chocolate pieces evenly over *half* of the chocolate crust. Sprinkle marshmallows and walnuts or pecans over the melted chocolate; press lightly.

● **Carefully spread** peanut butter over the remaining chocolate crust (see photo, this page). Sprinkle with chopped candy-coated chocolate pieces. Press candy into peanut butter.

● **Spread the raspberry preserves** over *half* of the plain dough crust. Sprinkle preserves with almonds.

● **Sprinkle** milk chocolate pieces and coconut on remaining plain crust. Drizzle caramel ice-cream topping over chocolate pieces and coconut.

● **Bake in a 350° oven** for 5 minutes more. Cool in the pan on a wire rack for 10 minutes. Cut into small squares. Leave in pan and cool completely on the wire rack. Makes 48.

Nutrition information per serving: *121 cal., 2 g pro., 14 g carbo., 7 g fat, 5 mg chol., 59 mg sodium, 60 mg potassium, and 0 g dietary fiber.*



Spread peanut butter on chocolate dough.

9. TWO-BEAN AND RICE SALAD

Short on time? Use an 8-ounce jar of Italian salad dressing in place of the Garlic Dressing—

- 3 cups cold cooked rice
- 1 15-oz. can pinto beans, rinsed and drained
- 1 15-oz. can black beans, rinsed and drained
- 1 10-oz. pkg. frozen peas, thawed
- 1 cup sliced celery
- 1 medium red onion, chopped (½ cup)
- 2 4-oz. cans diced green chili peppers, drained
- ¼ cup snipped cilantro *or* parsley
- 1 recipe Garlic Dressing *or* one 8-oz. jar Italian salad dressing
- Cilantro sprigs (optional)
- Fresh whole chili peppers (optional)

● **In a 2½-quart covered container** combine cooked rice, pinto beans, black beans, peas, celery, onion, diced green chili peppers, and the ¼ cup cilantro or parsley.

● **Add the dressing** to the rice mixture; toss gently to mix. Cover and chill for up to 24 hours.

● **To serve, transfer** the chilled salad to a serving bowl. If desired, garnish with cilantro sprigs and whole chili peppers. Makes 16 servings.

For 30 servings: Double all of the ingredients.

Garlic Dressing: In a screw-top jar combine ⅓ cup *white wine vinegar,* ¼ cup *olive oil* or *salad oil,* 2 tablespoons *water,* ¾ teaspoon *salt,* ½ teaspoon *garlic powder,* and ½ teaspoon *pepper.* Cover and shake well to mix. Makes about ⅔ cup.

For 30 servings, double all of the ingredients.

Nutrition information per serving: *150 cal., 5 g pro., 24 g carbo., 4 g fat, 0 mg chol., 309 mg sodium, 255 mg potassium, and 5 g dietary fiber. U.S. RDA: 23% vit. C, 19% thiamine, 10% iron.*

continued on page 102

HUNT'S® GREAT AMERICAN COOKS

This is Sherlyne Hutchinson.
Cooking is her creative outlet.
Designed her own home.
She uses Hunt's.



This is her Hunt's Jambalaya.

Ever since she was a little girl, she searched for life beyond meat and potatoes. Her Northwestern Bayou Jambalaya shows she found what she was looking for. It's made with Hunt's because it always comes out better that way. Something folks have known for 100 years. Something your family will know after just one taste.

Sherlyne's Jambalaya

6 slices bacon, diced
1 lb. skinless chicken breast filets, cut in ½-inch cubes
2½ cups chopped onions
2 cups chopped yellow, red or green bell peppers
½ cup each: julienne-cut carrots and sliced celery
5 cloves garlic, minced
2 (15-oz.) cans Hunt's Tomato Sauce OR Tomato Sauce Special
1 (14 ½-oz.) can Hunt's Stewed Tomatoes, undrained
1 (14 ½-oz.) can chicken broth
2 cups converted raw rice
1 lb. each: cubed ham steak, diagonally-sliced hot-link OR regular smoked sausage and deveined and peeled cooked shrimp
2 teasp. each: thyme and salt
1 teasp. Gebhardt Chili Powder
½ teasp. pepper
1 cup frozen sliced okra, thawed (optional)
½ cup minced fresh parsley
Louisiana-Style hot sauce, to taste

In Dutch oven, fry bacon until crisp; add chicken and cook until no longer pink. Remove meat; set aside. Sauté onions, peppers, carrots, celery and garlic in hot drippings until crisp-tender. Add tomato sauce, stewed tomatoes, broth and rice; stir well. Add remaining ingredients except okra and parsley. Bring to boil; simmer, covered, 45 to 50 minutes or until rice is cooked. Stir in okra and parsley; heat through. Season to taste with hot sauce. Makes 8 to 10 servings.



IT HAD TO BE HUNT'S.



GREAT FOOD
FOR FAMILY REUNIONS

continued from page 100

10. CINNAMON FRUIT COMPOTE

Layer this colorful dessert in a large clear bowl for a centerpiece—

- **1½ cups white grape juice**
- **2 Tbsp. sugar**
- **4 inches stick cinnamon**
- **4 whole nutmegs**
- **1 tsp. finely shredded orange peel**
- **2 cups strawberries, hulled and halved**
- **3 medium nectarines, pitted and sliced**
- **2 cups seedless green grapes**
- **1 16-oz. can mandarin orange sections, drained**
- **3 carambola (star fruit), sliced**

● **In a small saucepan combine** grape juice, sugar, stick cinnamon, whole nutmegs, and orange peel. Cook over medium heat, stirring constantly, till sugar dissolves. Bring to boiling and reduce heat. Cover; simmer 5 minutes. Remove from heat. Cool 15 minutes. Remove cinnamon and nutmeg.

● **Meanwhile, in a large bowl layer** *half* of the strawberries, all of the nectarines, the grapes, the oranges, then the remaining strawberries, and lastly the carambola; cover and chill. For transporting, place grape juice mixture in a covered plastic container. To serve, pour juice mixture over fruit layers. (If outside, place bowl on ice till needed). Makes about 15 servings.

For 30 servings: Double all of the ingredients and use two large bowls.

Nutrition information per serving: *69 cal., 1 g pro., 17 g carbo., 0 g fat, 0 mg chol., 3 mg sodium, 196 mg potassium, 2 g fiber. U.S. RDA: 44% vit. C.*

11. TAMALE PIE

Need an easy dish with crowd appeal? This zesty casserole could be it—

- **2 lb. lean ground beef**
- **2 medium green *and/or* red sweet peppers, seeded and chopped (2 cups)**
- **1 medium onion, chopped**
- **1 11-oz. can condensed nacho cheese soup**
- **2 2¼-oz. cans sliced pitted ripe olives, drained (1 cup)**
- **1 8-oz. jar mild chunky salsa (¾ cup)**
- **¼ cup water**
- **2 8-oz. pkg. corn muffin mix**
- **¾ cup shredded Cojack *or* Colby cheese (3 ounces)**
- **Cherry tomatoes, quartered (optional)**
- **Whole pitted ripe olives (optional)**

● **In a 12-inch skillet cook** ground beef, peppers, and onion till meat is brown. Drain off fat.

● **Stir in** soup, sliced olives, salsa, and water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat.

● **Meanwhile, prepare** corn muffin mix according to package directions. Spread *half* of the muffin batter into a greased 13x9x2-inch baking dish. Spoon the hot meat mixture over the muffin layer. Carefully spread the remaining corn muffin batter over the meat mixture.



● **Bake in a 350° oven** for 30 to 35 minutes or till muffin layer is golden. Top with cheese. If desired, garnish with tomatoes and whole olives. Cut into squares. Makes 12 to 15 servings.

For 30 servings: Double all ingredients and bake in two 13x9x2-inch baking dishes.

Nutrition information per serving: *397 cal., 23 g pro., 34 g carbo., 19 g fat, 74 mg chol., 773 mg sodium, 287 mg potassium, and 1 g dietary fiber. U.S. RDA: 26% vit. C, 19% thiamine, 25% riboflavin, 32% niacin, 14% calcium, 17% iron.*

12. OATMEAL CARAMEL BARS

All you need is one bowl to mix—

1 cup margarine *or* butter
2½ cups all-purpose flour
2 cups packed brown sugar
2 eggs
2 tsp. vanilla
1 tsp. baking soda
3 cups quick-cooking rolled oats
1 6-oz. pkg. (1 cup) semisweet chocolate pieces
½ cup chopped walnuts *or* pecans
24 vanilla caramels (7 oz.)
2 Tbsp. milk

● **In a large mixing bowl beat** margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add about *1 cup* of the flour, the brown sugar, eggs, vanilla, and the baking soda. Beat mixture till combined. Beat or stir in the remaining flour. Stir in the oats.

● **Press two-thirds** (about 3⅓ cups) of the dough into an ungreased 15x10x1-inch baking pan. Sprinkle with chocolate pieces and nuts.

● **In a medium saucepan combine** caramels and milk. Cook over low heat till caramels are melted. Drizzle caramel mixture over chocolate and nuts. Drop remaining *one-third* of the dough by teaspoons over the top.

● **Bake in a 350° oven** about 25 minutes or till top is light brown. Cool in pan on a wire rack. Cut into bars. To freeze, wrap bars in moisture- and vaporproof wrap and freeze for up to 6 months. To serve, remove wrap and thaw at room temperature about 2 hours. Makes about 60 bars.

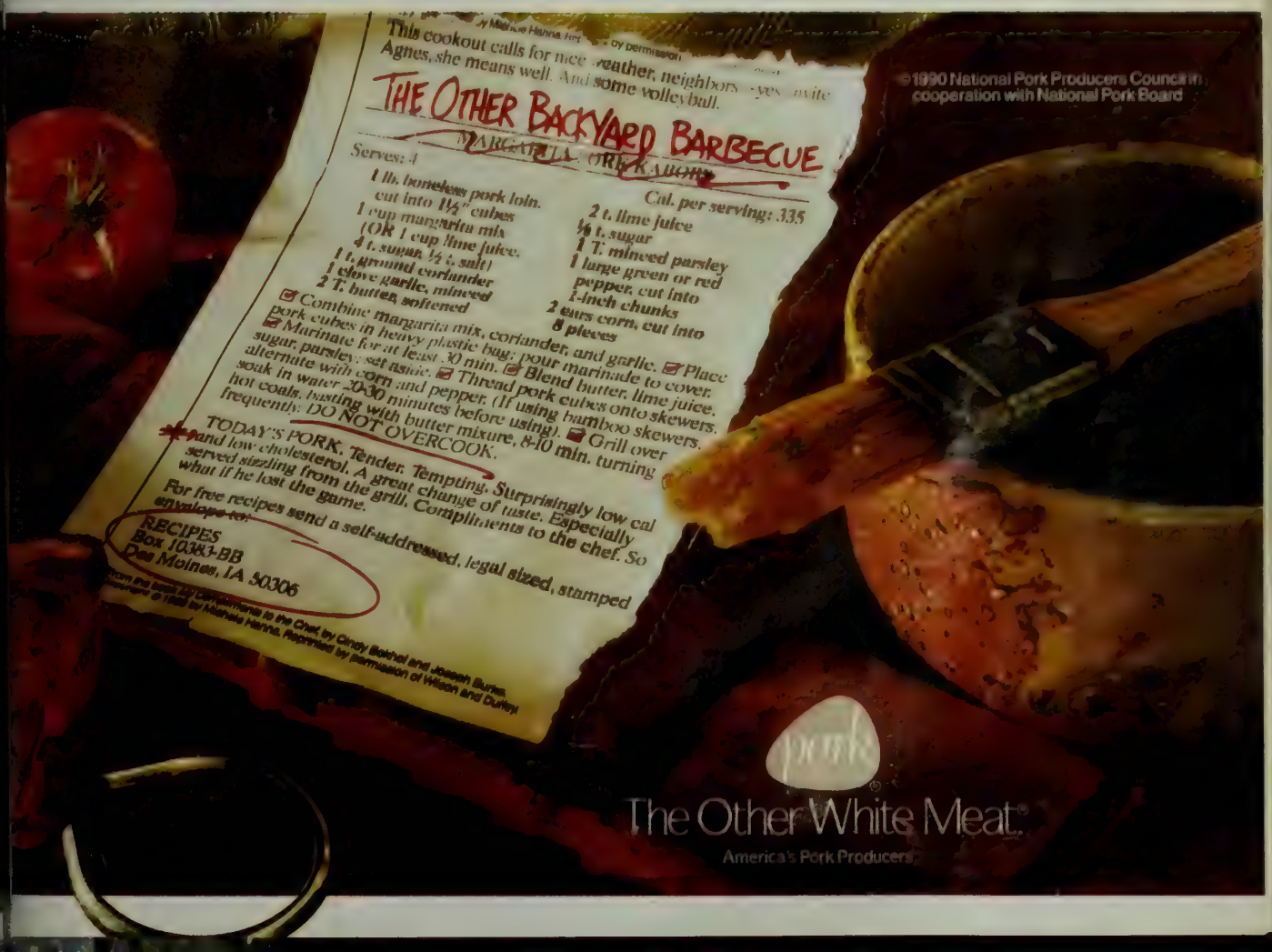
Nutrition information per bar: *126 cal., 2 g pro., 18 g carbo., 6 g fat, 7 mg chol., 63 mg sodium, 71 mg potassium, and 1 g dietary fiber.*

13. STRAWBERRY-CHOCOLATE ALMOND TORTE

A blender or food processor makes fast mixing of this rich cake—

2 cups toasted slivered almonds
3 Tbsp. all-purpose flour
4 tsp. baking powder
6 eggs
1 cup sugar
1 8-oz. pkg. cream cheese, softened
¾ cup sifted powdered sugar
½ tsp. grated orange peel
1 6-oz. pkg. semisweet chocolate pieces
1 8-oz. carton dairy sour cream
2 Tbsp. milk
3 cups strawberries, hulled and sliced
Whole strawberries (optional)
Orange peel, cut into long strips (optional)

continued on page 104



continued from page 103

● **In a bowl stir together** almonds, flour, and baking powder. Set aside.

● **In a blender** or food processor container combine eggs and sugar. Cover; blend or process till smooth. Add nut mixture. Cover; blend or process till smooth. Spread in 2 greased, floured 9x1½-inch round baking pans.

● **Bake in a 350° oven** for 20 to 25 minutes or till light brown. Cool on wire racks for 10 minutes. Remove from pans; cool thoroughly on racks.

● **For cream cheese filling,** in a small mixer bowl beat cream cheese with an electric mixer on medium-high speed till fluffy. Gradually add powdered sugar, beating well. Stir in orange peel.

● **For chocolate filling,** melt chocolate pieces over very low heat, stirring often. Remove from heat. Add sour cream; stir till smooth. Stir in enough milk till of spreading consistency.

● **To assemble torte, split** cake layers horizontally. Place bottom of one split layer on serving plate. Spread with *half* of the cream cheese filling. Top with *1 cup* of sliced strawberries. Place top of cake layer on strawberries. Spread with *half* of the chocolate filling. Repeat with second cake layer. Arrange the remaining sliced strawberries on top of the cake. Garnish with additional whole strawberries and orange peel strips, if desired. Chill for 2 to 24 hours. Makes 12 servings.

For 24 servings: Make 2 separate tortes, one at a time.

Nutrition information per serving: *458 cal., 11 g pro., 42 g carbo., 30 g fat, 136 mg chol., 200 mg sodium, 364 mg potassium, 4 g fiber. U.S. RDA: 21% vit. A, 36% vit. C, 10% thiamine, 35% riboflavin, 23% calcium, 12% iron.*

14. NUTTY NIBBLE MIX

Make this savory snack up to a week ahead. Store in an airtight container—

- **⅓ cup margarine *or* butter**
- **1 Tbsp. soy sauce**
- **¾ tsp. chili powder**
- **⅛ tsp. garlic powder**
- **⅛ tsp. ground red pepper**
- **3 cups bite-size corn and rice square cereal**
- **1 3-oz. can chow mein noodles**
- **1 cup peanuts**
- **1 cup shelled raw pumpkin seeds**

● **In a small saucepan mix** margarine or butter, soy sauce, chili powder, garlic powder, and red pepper. Cook and stir till margarine or butter melts.

● **In a roasting pan mix** cereal, chow mein noodles, peanuts, and pumpkin seeds. Drizzle margarine mixture over noodle mixture; toss to coat.

● **Bake in a 300° oven** for 30 minutes, stirring every 10 minutes. Spread on foil to cool. Store in an airtight container. Makes 12 to 15 servings.

For 30 servings: Double all of the ingredients and use 2 medium roasting pans or 1 large pan.

Nutrition information per serving: *242 cal., 7 g pro., 15 g carbo., 19 g fat, 0 mg chol., 292 mg sodium, 199 mg potassium, and 2 g dietary fiber. U.S. RDA: 19% thiamine, 11% riboflavin, 27% niacin, 15% iron.*



15. REUNION BREAD

Start a family tradition by hiding an almond in this festive bread. Whoever gets the hidden almond will have good luck this year, organize the next reunion, or head the clean-up committee! You decide what the almond means—

2½ to 3 cups all-purpose flour
2 pkg. active dry yeast
1½ cups milk
⅓ cup sugar
¼ cup margarine *or* butter
2 tsp. salt
2 eggs
3 cups whole wheat flour

• • •

⅔ cup chopped onion
1 Tbsp. margarine *or* butter
¼ cup pesto, purchased *or* homemade
2 Tbsp. chopped walnuts

• • •

½ cup shredded Swiss cheese (2 oz.)
1 Tbsp. Dijon-style mustard
1 whole almond
1 beaten egg white
Sesame seed
Caraway seed
Poppy seed

● **In a large mixing bowl** mix *2 cups* of the all-purpose flour and the yeast.

● **In a medium saucepan heat** and stir milk, sugar, the ¼ cup margarine or butter, and salt till warm (120° to 130°) and margarine almost melts.

● **Add milk mixture** and whole eggs to flour mixture. Beat with an electric mixer on low speed for 30 seconds, scraping constantly. Beat on high speed 3 minutes. Using a spoon, stir in whole wheat flour and as much remaining all-purpose flour as you can.

● **On a lightly floured surface,** knead in enough remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double (1 to 1½ hours).

● **Punch dough down.** Turn out onto a lightly floured surface. Cover and let rest 10 minutes.

● **Meanwhile, in a saucepan cook** onion in the 1 tablespoon margarine or butter till tender; set aside. Combine pesto and walnuts; set aside. Combine cheese and mustard; set aside.

● **On a lightly floured surface roll** dough into a 16x12-inch rectangle. Cut into three 16x4-inch strips.

● **Spread onion mixture** down the center of one strip, leaving the edges clear of filling. Spread pesto mixture down the center of another strip. Spread cheese mixture down the center of remaining strip. Place one almond in the center of one strip.

● **Brush** the edges of the strips with egg white. Fold each strip over, enclosing filling and forming a rope. Pinch edges to seal.

● **Shape** one rope into a ring and place, seam side down, in the center of a lightly greased large baking sheet. Form the remaining 2 ropes into rings so they intertwine with the center ring, like the links of a chain, placing them seam sides down (see photo, page 106). Seal ends well. Cover; let rise in a warm place till almost double (45 to 60 minutes).

continued on page 106



From the first hungry cries long past the rummaged drawers, they steal our hearts, and our energy.

Endlessly, we comfort, teach, encourage. Efforts that demand we care for ourselves as well. That's where Citrus Hill Plus Calcium comes in. It's 100% pure orange juice with extra nutrition that's as beneficial for us as it is for them. Because without



GREAT FOOD

FOR FAMILY REUNIONS

continued from page 105



Form two rings around center ring.

● **Brush** dough rings with beaten egg white. Sprinkle one ring with sesame seed, one with caraway seed, and one with poppy seed.

● **Bake in a 375° oven** about 25 minutes or till golden, covering with foil the last 10 minutes to prevent overbrowning. Cool on a wire rack. To freeze, wrap the loaf in freezer wrap and freeze for up to 3 months. To serve, thaw in package for 1 hour or heat in a 300° oven about 20 minutes. Makes 1 large loaf (30 servings).

Nutrition information per serving: *139 cal., 5 g pro., 21 g carbo., 5 g fat, 17 mg chol., 208 mg sodium, 117 mg potassium, 2 g dietary fiber. U.S. RDA: 16% thiamine, 13% riboflavin, 12% niacin.*

16. MINIATURE FRUIT TARTS

Some pastry shells may bake into uneven shapes. If this happens, split the shells so the top half is even all the way around. Then, trim the bottom half so the sides are even. When you assemble the tart, it will stand upright—

1 17¼-oz. pkg. (2 sheets) frozen puff pastry, thawed
1 beaten egg white
½ cup finely chopped pecans and 1 Tbsp. sugar; *or* ½ cup pearl sugar
⅓ cup orange juice
1½ tsp. light corn syrup
1 tsp. cornstarch
1 8-oz. carton lemon yogurt
1 4½- *or* 5-oz. container vanilla pudding (⅔ cup)
2 cups assorted fresh fruit (such as peeled, thinly sliced, and halved peaches; thinly sliced and halved nectarines; thinly sliced plums, *and/or* strawberries; *and/or* fresh raspberries)

● **On a lightly floured surface roll** pastry slightly to flatten creases. Cut puff pastry circles and diamonds using 2-inch cutters. Place on an ungreased baking sheet.

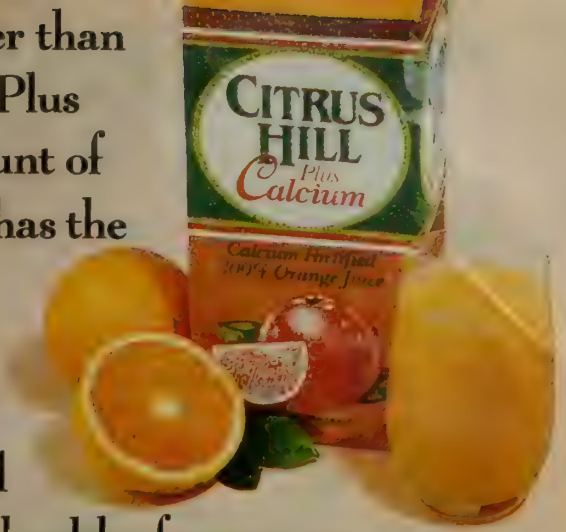
● **Brush pastry rounds** with egg white. Stir together pecans and the 1 tablespoon sugar. Sprinkle pecan mixture over pastry shapes. *Or,* use the pearl sugar instead of nut mixture.

● **Bake in a 375° oven** for 12 to 14 minutes or till puffed and golden. Transfer pastries to a wire rack. Cool.

● **Meanwhile, in a small saucepan** mix orange juice, corn syrup, and cornstarch. Cook and stir over medium heat till mixture is thickened and bubbly. Cook and stir for 2 minutes more. Transfer to a small bowl; cover and cool to room temperature.

● **In a small mixing bowl stir** together yogurt and pudding.

equate calcium, our bones can age faster than
ey should. The beauty of Citrus Hill Plus
lcium is that it provides the same amount of
cium, ounce for ounce, as milk. And it has the
ne naturally sweet, fresh taste and
amin C as regular orange juice. Just
what we need to help
keep our families, and
ourselves, strong and healthy for years to come.
That's every parent's dream. And it's worth all
the ransacked closets in the world.



Calcium and Women
redibly, 81% of women 20-49
don't get the calcium they
should. And since our bones
lose density as we age, insuf-
ficient calcium now could mean
ak, brittle bones later.
An 8-oz. glass of Citrus Hill
s Calcium provides over 1/3 of
adult calcium RDA of 800 mg.,
same as an 8-oz. glass of milk.
d it's as delicious as it is healthy.
t naturally sweet, fresh juice
m oranges picked at their peak
ripeness, without preservatives
added sugar. Juice that's 100%
e, with extra nutrition.
©1989 Procter & Gamble Co.

Citrus Hill Plus Calcium. Because
healthy kids need healthy moms.

● **Split pastry rounds** horizontally. Spread about *1 teaspoon* of the yogurt mixture on the bottom half of each round. Arrange fresh fruit atop pudding. Brush the fruit with orange juice mixture. Replace tops. Cover and chill for 1 to 24 hours. To tote, arrange the tarts in single layers in shallow covered plastic containers or baking pans. Cover the pans with foil. Stack the pans in a cooler. Makes about 45.

Nutrition information per tart: *71 cal., 1 g pro., 7 g carbo., 4 g fat, 0 mg chol., 63 mg sodium, 33 mg potassium, and 0 g dietary fiber.*

17. GARDEN-FRESH COUSCOUS SALAD

Couscous is a tiny pasta that cooks quickly and is often used in North African recipes. Look for it in your grocery store with the pasta or rice—

2 cups water
1 Tbsp. instant chicken bouillon granules
1 10-oz. pkg. couscous (1⅓ cups)
1 large carrot, shredded
1 large green pepper, cut into ½-inch squares
1 large zucchini, halved lengthwise and thinly sliced
1 large yellow summer squash, halved lengthwise and thinly sliced
1 cup cherry tomatoes, halved
1 8-oz. bottle Italian salad dressing

● **In a medium saucepan mix** 2 cups water and bouillon granules; bring to boiling. Add couscous. Remove from heat; cover and let stand for 5 minutes or till liquid is absorbed. Transfer to a 2½-quart covered container.

● **Add** carrot, green pepper, zucchini, yellow summer squash, and cherry tomatoes; mix well. Add salad dressing; toss to coat. Cover and chill for 6 to 24 hours. Makes 15 servings.

For 30 servings: Double all of the ingredients.

Nutrition information per serving: *148 cal., 3 g pro., 18 g carbo., 9 g fat, 0 mg chol., 305 mg sodium, 121 mg potassium, and 1 g dietary fiber. U.S. RDA: 24% vit. A, 15% vit. C.*

18. AVOCADO-PAPAYA SALSA

When buying papayas, look for yellow skin color on at least two-thirds of the fruit. A ripe papaya yields slightly to gentle pressure. Slightly green papayas will ripen at room temperature in three to five days—

2 medium avocados
1 small papaya
⅓ cup lime juice
2 medium tomatoes, chopped
2 green onions, sliced
2 Tbsp. sugar
2 Tbsp. olive oil *or* salad oil
1 Tbsp. snipped parsley
1 Tbsp. snipped fresh basil *or* 1 tsp. dried basil, crushed
Several dashes bottled hot pepper sauce

● **Seed, peel, and chop** avocados and papaya. In a 1-quart container with lid toss avocados and papaya with lime juice. Add tomatoes, green onions, sugar, oil, parsley, basil, and hot pepper sauce. Cover and chill. Serve chilled salsa with grilled poultry, fish, or pork. Makes 4 cups (16 servings).

continued on page 108



QUICK CUISINE NOT FAST FOOD

Italian Corn-Crusted Baked Fish

2 cups chopped tomato
1/2 cup sliced California Ripe Olives
2 tablespoons bottled or fresh minced garlic
1/4 cup olive oil
1 tablespoon thyme or oregano, crumbled
1 package (1 lb) frozen haddock, sole, cod or other white fish, thawed or 1 lb. fresh.
1/2 cup yellow cornmeal, mixed with 1/2 teaspoon each salt and pepper
Grated Parmesan cheese

Mix tomato, olives, garlic, olive oil and thyme in bottom of 1-1/2 quart baking dish. Separate fish filets, cut smaller if they are large, and dip each in seasoned cornmeal. Place in casserole. Bake at 450 degrees for 20 to 25 minutes or until baked and crusty. Serve with Parmesan cheese on top. Makes 4 servings.

Cooking time: 20-25 minutes Total Preparation time: 40 to 45 minutes



You don't have to spend hours in the kitchen to make delicious meals. The CORN-CRUSTED FISH, SILVERADO SEAFOOD SALAD and OLIVE SPIRAL ROLLS shown above are only three of 25 new and easy recipes available in Volume 3 of our popular series: "Quick and Easy Meals with California Ripe Olives."

California Olive Industry

QUALITY CALIFORNIA RIPE OLIVES

To: (PLEASE PRINT)
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Send coupon to:
CALIFORNIA OLIVE INDUSTRY
Dept. 90QE3B
P. O. Box 7796
Fresno, CA 93747
©1990

GREAT FOOD

FOR FAMILY REUNIONS

continued from page 107

For 30 servings: Double all of the ingredients.

Nutrition information per 1/4 cup serving: *72 cal., 1 g pro., 6 g carbo., 6 g fat, 0 mg chol., 5 mg sodium, 236 mg potassium, 3 g fiber. U.S. RDA: 27% vit. C.*

19. APRICOT WINE COOLER

If the reunion is less than 30 minutes from your home, just remove the apricot mixture from the freezer right before leaving and it will be a perfect serving temperature by the time you arrive. If you are traveling a longer distance, pack it in a cooler—

3 12-oz. cans apricot nectar
½ cup honey
3 Tbsp. lemon juice
2 750-ml bottles dry white *or* rosé wine, chilled (8 cups)
Carbonated water, chilled (about 1 quart)

● **In a large mixing bowl combine** apricot nectar, honey, and lemon juice. Stir in wine. Transfer to one large or several smaller freezer containers. Seal, label, and freeze. Transport containers in a cooler packed with ice.

● **To serve, scrape** a large spoon across the frozen mixture to form slush. If the mixture is too firm, let stand 10 to 20 minutes to thaw slightly. Spoon into 8-ounce glasses (about ¾ cup per glass). Add carbonated water to fill glasses. Makes 16 servings.

For 30 servings: Double all of the ingredients.

Nutrition information per serving: *130 cal., 0 g pro., 19 g carbo., 0 g fat, 0 mg chol., 32 mg sodium, 142 mg potassium, and 0 g dietary fiber. U.S. RDA: 10% vit. A.*

20. SALMON AND GOUDA PÂTÉ

This colorful appetizer features a creamy layer of smoke-flavored cheese spread sandwiched between two spicy layers of salmon spread—

1 7-oz. round smoke-flavored Gouda cheese, peeled and shredded
1 3-oz. pkg. cream cheese, cubed
3 Tbsp. milk

¼ cup margarine *or* butter
⅓ cup mayonnaise *or* salad dressing
¼ cup finely chopped green onion
2 Tbsp. lemon juice
¼ tsp. garlic salt
Several dashes bottled hot pepper sauce
1 lb. cooked salmon *or* one 14-oz. can *and* one 7½-oz. can salmon, drained, flaked, and skin and bones removed
⅓ cup toasted sliced almonds
Lettuce leaves
Lemon slices
Assorted breads and crackers

● **In a small mixer bowl place** Gouda and cream cheese. Let soften. Add milk. Beat with an electric mixer on medium speed till mixed. Set aside.

● **In a large mixer bowl beat** margarine or butter with an electric mixer till fluffy. Beat in mayonnaise or salad dressing, green onion, lemon juice, garlic salt, and hot pepper sauce. Add salmon; beat till combined.

● **Line bottom and sides of** an 8x4x2-inch loaf pan with plastic wrap. Sprinkle almonds in the bottom of pan. Carefully spoon in *half* of the salmon mixture; spread evenly. Spread cheese mixture atop salmon layer. Spread with the remaining salmon mixture. Cover and chill for 6 to 24 hours.

● **To serve, unmold** onto a lettuce-lined serving platter. Remove plastic wrap. Garnish with lemon slices. Serve with breads and crackers. Makes 16 to 20 servings.

For 30 servings: Double all of the ingredients and spoon into two 8x4x2-inch loaf pans.

Nutrition information per serving of pâte: *177 cal., 10 g pro., 1 g carbo., 15 g fat, 34 mg chol., 218 mg sodium, 173 mg potassium, and 0 g dietary fiber. U.S. RDA: 14% vit. A, 14% niacin, and 14% calcium.*

Pink Salmon



Marry the delicate texture of salmon with the distinctive flavor of Grey Poupon Dijon Mustard, and a new taste experience is born. Made from the original French recipe, Grey Poupon is truly "one of life's finer pleasures."® Each spoonful helps you elevate sauces, enhance salads, add excitement to omelettes.

What's more, we're serving up a booklet of Grey Poupon recipes. Send your name, address, and $1 for postage and handling to: Grey Poupon Recipe Booklet, P.O. Box 9583, Clinton, IA 52736.*



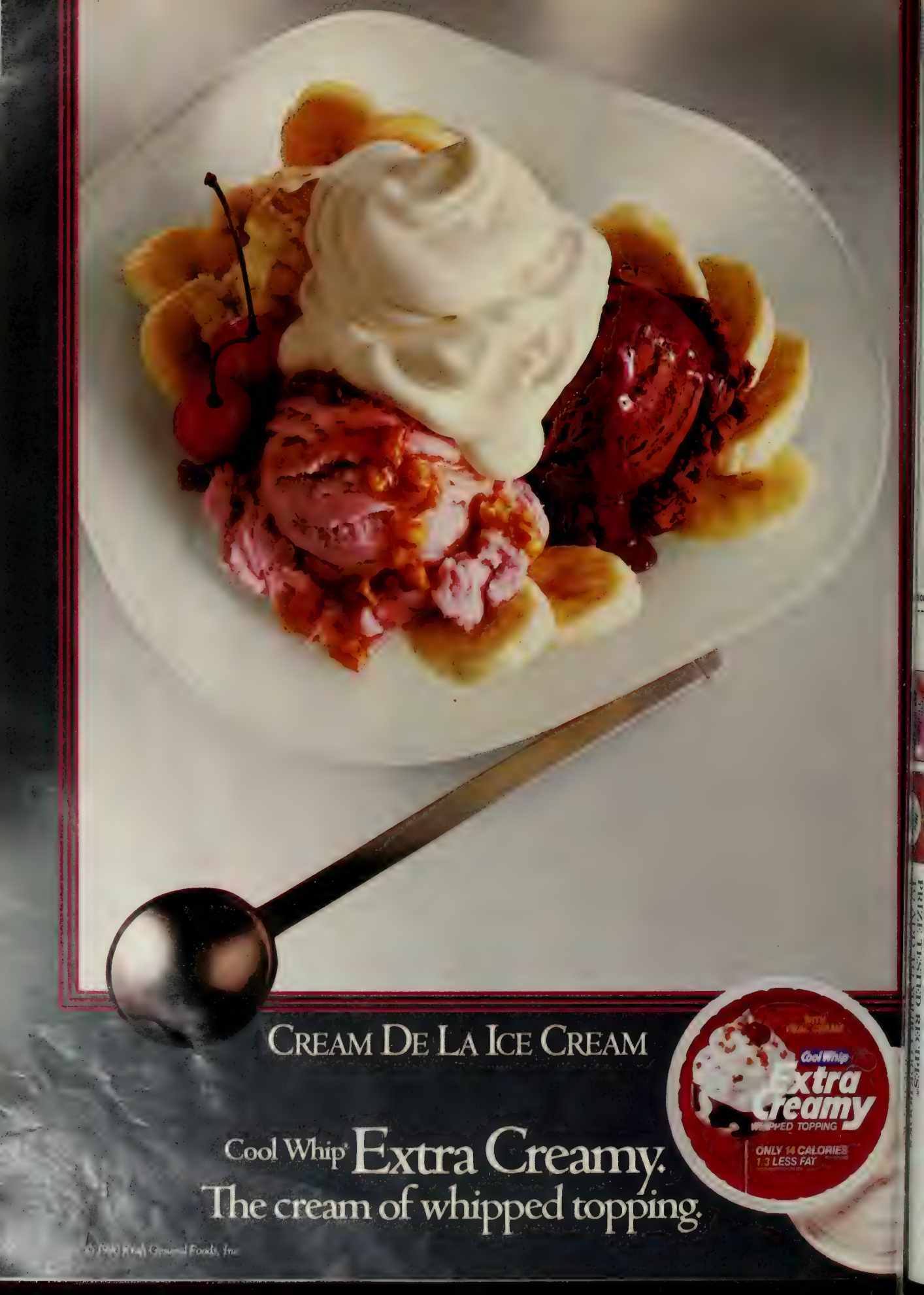
Salmon Dijonnaise

Whisk together ½ cup mayonnaise, ¼ cup Grey Poupon Dijon Mustard, and 1 tsp. dried dill weed or 1 Tbsp. snipped fresh dill. Mix in ⅓ cup buttermilk. Cover; chill 1 hour. Serve over salmon (or any fish or vegetables). Makes 1¼ cups.

Grey Poupon®

NABISCO BRANDS® © 1990 Nabisco

*Offer expires 12/31/90 (or until supplies are exhausted). Offer void where prohibited; limited to one booklet per name or address; good only in U.S. Allow 6–8 weeks for shipping.


CREAM DE LA ICE CREAM
Cool Whip
Extra Creamy
WHIPPED TOPPING
ONLY 14 CALORIES
1/3 LESS FAT
Cool Whip® Extra Creamy.
The cream of whipped topping.

WIN MONEY
FOR YOUR RECIPES
See Page 114 For Details



PRIZE TESTED RECIPES®

POTLUCK CASSEROLES

File under Vegetables or Poultry
August, 1990

$200 WINNER *Deborah Covert, Hampton Beach, N.H.*

SEVEN-GRAIN PILAF AND VEGETABLES

Look for Kashi, a seven-grain breakfast pilaf, in the rice and grains section of your grocery store. Or, substitute 1 recipe 3-Grain Pilaf (see recipe below)—

- **1 6.5-oz. packet Kashi (⅓ of 19½-oz. pkg.) *or* 1 recipe 3-Grain Pilaf**
- **2 medium zucchini, sliced (2 cups)**
- **1 medium yellow summer squash, sliced (1 cup)**
- **1 medium onion, chopped**
- **1 medium green pepper, cut into strips (1 cup)**
- **1 8-oz. can tomato sauce**
- **1 clove garlic, minced**
- **½ tsp. dried basil, crushed**
- **1 large tomato, sliced**
- **½ cup shredded cheddar cheese**

Prepare Kashi according to package directions, using 2 cups *water* for the liquid. In another saucepan cook zucchini, squash, onion, and green pepper, covered, in a small amount of boiling water 2 to 3 minutes or till barely crisp-tender; drain. Spread Kashi in bottom of a lightly greased 10x6x2-inch baking dish. Top with zucchini mixture. Stir together tomato sauce, garlic, and basil; pour over zucchini mixture. Top with tomato slices. Bake, covered, in 325° oven for 25 minutes or till heated through. Sprinkle with cheese; bake, uncovered, 5 minutes more or till cheese melts. Makes 8 servings.

3-Grain Pilaf: In a medium saucepan combine 1¾ cups *water,* ¼ teaspoon *salt,* and ⅓ cup *wheat berries.* Chill overnight. Add ¼ cup *brown rice.* Simmer, covered, for 20 minutes. Add ¼ cup *quick-cooking barley.* Cook 10 to 15 minutes more or till rice is tender and water is almost absorbed. Remove from heat; let stand, covered, for 10 minutes.

Punch along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

PEACH AND NECTARINE DESSERTS

File under Desserts
August, 1990



$200 WINNER *Hyacinth Rizzo, Snyder, N.Y.*

PEACH CLAFOUTI WITH CITRUS SAUCE

Clafouti is a rich French fruit pudding that's easy to make and delicious to eat—

- **4 medium peaches, peeled, pitted, and sliced (2 cups)**
- **2 Tbsp. sugar**
- **2 cups evaporated milk**
- **3 eggs**
- **¼ cup all-purpose flour**
- **3 Tbsp. sugar**
- **½ tsp. almond extract**
- **½ tsp. vanilla**
- **1 recipe Citrus Sauce**

In an 8x1½-inch round baking dish combine peaches and the 2 tablespoons sugar. In a blender container combine milk, eggs, flour, the remaining sugar, almond extract, vanilla, and a dash *salt.* Cover and blend 15 seconds. Pour over fruit. Bake in a 375° oven for 40 to 45 minutes or till knife inserted in custard portion near center comes out clean. Serve warm with Citrus Sauce. Makes 8 servings.

Citrus Sauce: In a small saucepan combine ⅓ cup *sugar* and 2 teaspoons *cornstarch.* Stir in ⅔ cup *water.* Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat; stir in 2 tablespoons *orange juice* and 1 tablespoon *lemon juice.* Makes about 1 cup.

Nutrition information per serving: *212 cal., 7 g pro., 31 g carbo., 7 g fat, 98 mg chol., 90 mg sodium, 312 mg potassium, 1 g dietary fiber. U.S. RDA: 28% riboflavin, 22% calcium.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PEACH AND NECTARINE DESSERTS

File under Desserts
August, 1990



$100 WINNER *Lois Karbowski, Santa Rosa, Calif.*

PEACHY PIZZA

Lois says, "My family loves fruit and pizza; this is one dessert they request all summer"—

- ½ cup margarine *or* butter
- 1 cup all-purpose flour
- ¼ cup sifted powdered sugar
- 2 Tbsp. granulated sugar
- 2 Tbsp. cornstarch
- ⅛ tsp. ground mace
- ⅔ cup orange juice
- ½ cup currant jelly
- 2 medium peaches, peeled, pitted, and sliced (1 cup)
- 2 medium nectarines, pitted and sliced (1 cup)
- 1 cup sliced strawberries
- ½ cup blueberries
- ½ cup seedless green grapes, halved

For crust, in a small mixer bowl beat margarine or butter with an electric mixer on medium-high speed for 30 seconds. Gradually add flour and powdered sugar till well combined. Pat dough evenly over bottom and up sides of a 12-inch pizza pan. Bake in a 350° oven for 10 to 12 minutes or till golden; cool on a wire rack.

Meanwhile, for glaze, stir together the granulated sugar, cornstarch, and mace in a medium saucepan. Stir in orange juice and jelly. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Cool slightly. Spread *half* of the glaze (about ⅔ cup) onto cooled crust. Arrange peach and nectarine slices around edge of crust, then arrange strawberries, working toward center of crust. Sprinkle all with blueberries and grapes. Drizzle remaining glaze over fruit. Chill till needed. Cut into wedges to serve. Makes 12 servings.

Clip along here and file punched pages in your *New Cook B*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

POTLUCK CASSEROLES

File under Poultry or Vegetables
August, 1990



$100 WINNER *Leigh Gaston, Oceanside, Calif.*

TURKEY TORTILLA CASSEROLE

For this southwestern one-dish dinner, bake the tortillas right in with the zesty filling. Pass around a bowl of salsa for extra spice—

- ½ cup chopped onion
- ½ cup reduced-sodium chicken broth
- ¼ cup chopped celery
- 3 cups chopped cooked turkey *or* chicken
- 10 to 12 (6-inch) corn tortillas, torn into bite-size pieces
- 1 4-oz. can diced green chili peppers, drained
- 1 10¾-oz. can reduced-sodium condensed cream of chicken soup
- 1 tsp. pepper
- 1 cup shredded cheddar cheese (4 oz.)
- 1 cup shredded Monterey Jack cheese (4 oz.)
- 1 cup salsa

In a medium saucepan combine onion, chicken broth, and celery. Bring to boiling; reduce heat. Simmer, covered, for 5 to 6 minutes or till vegetables are just tender. In a large bowl stir together *undrained* onion mixture, cooked turkey or chicken, corn tortillas, chili peppers, soup, and pepper. Reserve *½ cup* of each cheese; set aside. Stir remaining cheese into tortilla mixture. Transfer mixture to a lightly greased 13x9x2-inch baking dish. Top with salsa and reserved cheeses. Bake in a 350° oven about 30 minutes or till heated through. Let stand 5 minutes before serving. Serves 10 to 12.

Nutrition information per serving: *265 cal., 22 g pro., 19 g carbo., 12 g fat, 51 mg chol., 575 mg sodium, 286 mg potassium, and 3 g dietary fiber. U.S. RDA: 13% vit. A, 14% vit. C,*



Now brown rice is as convenient as it is good for you.

MINUTE® Instant Brown Rice. Ready in just 10 minutes, instead of 45.

as fast as people are discovering the mild, ty flavor of MINUTE® Instant Brown Rice. y're discovering how easy it is to make. faster than regular long cooking brown because it's steamed to shorten your cooking time. And all natural, whole grain MINUTE® Instant Brown Rice is a natural source of rice bran. With MINUTE® Instant Brown Rice, the great taste of brown rice is just 10 minutes away.

990 Kraft General Foods, Inc.

SPREADSOME.
TASTESOME.
SNACKSOME.

New!

Taste Shedd's® Country Crock® Spreadable Cheese Products! The delicious, wholesome, spreadable snack made with 100% natural cheese!

Try delicious Cheddar, Garden Vegetable, Herb and Garlic, French Onion, Cheddar with Port Wine and Cheddar Mexican Style. All with fewer calories and less cholesterol.*

Look for them in your grocer's dairy case now!

*25% fewer calories and less cholesterol than cold pack cheese food. (Fresh Garden Vegetable, Fresh Herb and Garlic and Fresh French Onion have 25% fewer calories and less cholesterol than cream cheese.)



WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Each month there are two recipe categories with winning tips. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Winners also receive a framed certificate and six copies of their recipe.

WINNING IDEAS TO GET YOU STARTED FOR THIS MONTH'S CATEGORIES

Italian-Style Dinners

● **Pasta dishes** that can be made ahead ● **Healthful-makeovers** for traditional favorites such as lasagna or chicken Parmesan ● **Italian beef, veal, or fish dinners** made quicker in the microwave oven

Quick Breads

● **High-fiber** breakfast breads ● **Fruit and spice loaves** with original flavor combinations such as gingered cherry bread ● **Savory appetizer** breads made with cheese, herbs, or meats ● **Easy fix-ups** for a mix ● **Mini-loaf ideas** for gift giving

WINNERS IN THIS ISSUE (pages 111 and 112)

$200 Winners

Deborah Covert
Hampton Beach, N.H.
Hyacinth Rizzo
Snyder, N.Y.

$100 Winners

Leigh Gaston
Oceanside, Calif.
Lois Karbowski
Santa Rosa, Calif.

Honor Roll Winners

Mary Alice Graves, *Kempton, Ind.;* Jerri Clark Kirby, *North Salt Lake, Utah;* Carlotta Lucas, *Talent, Oreg.;* Jean M. MacCubbin, *Madison, Wis.;* Mary Radcliffe, *G.M.F. Guam;* Gladys C. Traylor, *Rome, Ga.*

CONTEST RULES

1. Contest is open to U.S. residents, except employees of Meredith Corporation, its affiliates, subsidiaries, and families. **2.** With each entry clearly type or print your name, address, and recipe marked "March Italian-Style Dinners" or "March Quick Breads." Specify brands of ingredients used and recipe origin. **3.** Address recipes to 9103 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** All entries must be postmarked by August 31, 1990. **5.** Winners will be selected about 60 days later and will be notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winners' name and hometown for editorial and promotional purposes.



Over 10 million Americans leave their worries with us.

Most people think that once they insure their car, they're fully protected. Or if there's a fire in their home, it'll be replaced at full value.

In either case, it's not automatically true.

To make sure you're safe and secure, we offer a free service to plug up holes that may exist in your coverage. It's called the Farmers Friendly Review. We think it's one reason millions of Americans choose us—year after year. And why we've grown to become one of America's biggest, most successful insurance groups.

If you'd like to do business with an organization that believes in basic values—like the best possible protection at the lowest possible price—call your nearby Farmers Agent.

And have a pleasant day.

FARMERS INSURANCE GROUP

Symbol of Superior Service

America can depend on Farmers.

Would you buy a car without knowing its brand name?



Hardware by Keeler Brass.

Only an expert can determine the true value of furniture. To get your money's worth, turn to the nam you know best. Bassett. Since 1902, more Americans have relied upon Bassett for style, craftsmanshi and affordability than any other brand. Which makes us much more than one of the largest furnitur manufacturers. Because we assure you get the mileage you deserve from your new furniture.



Bassett®

The Brand You Trust.

Here's how you can win up to $10,000 in Bassett furnishings for your home!

Enter the sweepstakes today! You'll have a chance to win a gift certificate for $10,000 in Bassett home furnishings (suggested retail price).

HOW TO ENTER

Pick up an official entry form at any participating Bassett dealer. (See the list on this page.)
Or, fill out a 3x5-inch card with the following information: **BASSETT SWEEPSTAKES** printed at the top, your name, address and daytime telephone number. Mail entry to:

Bassett Sweepstakes
P.O. Box 626
Bassett, VA 24055

LOOK FOR THE PARTICIPATING BASSETT RETAILER NEAREST YOU.

ORNIA

Bassett Gallery
lonterey Street

ngeles
s Furniture
. Olympic Blvd.

ay
thern California
Vay Department Store
re Depts.

Furniture
ns in Costa Mesa,
ys, Anaheim, West
Pomona, Oxnard,
rnardino & Torrance

ers Furniture
Ninth

alls
Home Furnishings
in Avenue, North

IA

rdsville
Furniture
st Main Street

e
Bennett Furniture
ast Main Street

lome Furnishings
) W. Bristol Street

Fort Wayne
* **Wayne Furniture Gallery**
2010 South Fairfield Avenue

Franklin
Richard Bennett Furniture
41 West Monroe Street

Greensburg
Holthouse Furniture
202 West Main Street

Indianapolis
Richard Bennett Furniture
5804 East
Washington Street

Lafayette
* **Lehnens Furniture & Appliance**
2880 State Road 43 South

Lebanon
Richard Bennett Furniture
216 West Main Street

Muncie
Holthouse Furniture
3526 N. Broadway Avenue

New Castle
Holthouse Furniture
2010 South Memorial Drive

Portland
Holthouse Furniture
1 Wyler Square

Richmond
* **Holthouse Furniture**
5980 National Road, East

KANSAS

Topeka
Ed Marling's Stores
2950 McClure

MICHIGAN

Alpena
Alpena Furniture
and Flooring
325 North Second Avenue

Bay City
Prime Brothers Furniture
1500 South Euclid

Kalamazoo
Vermeulen Furniture
Company
205 North Rose Street

Monroe
Runyans Home Decorating
3105 N. Dixie

Mt. Clemens
* **Crown Furniture Company**
37100 South Gratiot Avenue

Muskegon
Al Perri Furniture, Inc.
794 Pine Street

Pinconning
Idzior Furniture
4584 North M-13

Ypsilanti
* **Smith Furniture Company**
15 South Washington

MINNESOTA

Minneapolis
Wickes Furniture
Locations in Fridley and
Southdale

NORTH DAKOTA

Minot
* **Tollefsons Whse. Furn.**
Highway 82 North, RR 1,
Box 140

OKLAHOMA

Oklahoma City
* **Mathis Brothers Furn. Co.**
3434 West Reno

Tulsa
* **Manhattan Furn. Co.**
2435 North Lewis

SOUTH DAKOTA

Sioux Falls
* **Spencer Furniture, Inc.**
122 East 12th Street

TEXAS

Dallas
Wickes Furniture
Locations in Arlington,
Mesquite, Plano & North
Richland Hills

Garland
* **Hollenshead Furn. Co.**
107 South First Street

Hempstead
* **Schwartz & Son Furniture**
117 Austin

Houston
Christmas Company, Inc.
10325 Market

Port Neches
* **Howell's Discount Furn.**
320 Twin Cith Highway

UTAH

Orem
* **Nelson Furniture & Interiors**
1066 South State

Salt Lake City
* **Granite Furniture Company**
1050 East 21st Street.
South

WISCONSIN

Milwaukee
Bilt-Rite Furniture
723 W. Mitchell Street

Oshkosh
* **McCrory Mattress Mfg. Co.**
1205 South Washburn

assett Furniture Gallery Dealer

Bassett
We're the furniture people.

RULES FOR ENTERING

1. No purchase necessary. Mail entry form or 3x5-inch card to address shown.
2. Entries must be received no later than **October 1, 1990**.
3. One $10,000 gift certificate will be awarded to the winner of the drawing. The drawing will be held on or about October 10, 1990 and the winner will be notified by October 22, 1990.
4. Sweepstakes offering is limited to the continental United States.
5. Bassett Furniture Industries, Inc. will not be responsible for delivery costs of furniture or transportation costs to and from the store where the furniture is to be chosen.
6. Bassett Furniture Industries, Inc. has the right to choose how to fulfill the gift certificate, either directly or through a dealer of its choice.
7. Prize is as stated above. No substitutions and no cash in lieu of merchandise is allowed.
8. Winner chosen by random drawing; one entry per family.
9. Winner must be 21 years old and a U.S.A. resident.
10. Entry constitutes permission to use winner's name, photograph and general information for promotional purposes.
11. All taxes are the sole responsibility of the winner.
12. Employees and family members of Bassett Furniture Industries, Inc. and Meredith Corporation, their agents, affiliates and subsidiaries are not eligible.
13. All federal, state and local laws apply. Void where prohibited. Winner may be required to sign an affidavit of eligibility and a release.
14. Odds of winning depend on number of entries received.
15. No responsibility is assumed for lost, stolen, illegible, misdirected or late entries. All materials become the property of Bassett Furniture Industries, Inc. For winner's name, send SASE to:
Shirley Young,
Bassett Winner
BASSETT FURNITURE INDUSTRIES, INC.
P.O. Box 626
Bassett, VA 24055
16. This sweepstakes is being sponsored by Bassett Furniture Industries, Inc.


WHIPPED CREAMY DREAM COME TRUE
Introducing
New Cool Whip Lite.™
NEW!
REAL WHIPPED CREAM TASTE.
Cool Whip
Lite
WHIPPED TOPPING
1/3 LESS FAT THAN FROZEN WHIPPED TOPPING
50% LESS FAT
THAN WHIPPED CREAM
ONLY 8 CALORIES
PER SERVING
Dip into the luscious whipped creamy taste you love, with only half the fat of whipped cream.
Available in most areas.
© 1990 Kraft General Foods, Inc.

TABLE GRACE
Setting the Stage for Elegant Dining



PHOTOGRAPHS: BARBARA MARTIN DESIGN: MICHAEL HOFFMAN REGIONAL EDITOR: MARY ANNE THOMSON

Warm up a dining area with pine furnishings, light, and color. Then, add a snowdrift of lace to the table.

Serve up a feast for the eyes whenever you sit down to dinner. Set a savory stage of appetizing colors, generous furnishings, and entertaining accessories that'll keep your guests hoping for another invitation. Begin with a basic backdrop that plays host to everything from a formal sit-down dinner to a casual birthday buffet. No greedy patterns crowd the walls here. Simple stripes and faux-marble wall coverings adapt well to any table-setting theme.

Let your guests drink in the beauty of the room. First, please them with comfortable furnishings: Traditional pine pieces quickly warm a room, inviting everyone to stay awhile. Add fabric personality with chintz chair cushions and a dhurrie rug that anchors the table grouping. To give yourself storage, display spaces, and a serviceable buffet, settle in a sideboard and a hutch with open shelves nearby. Then, serve everyone delicious scenery. Set a theme for dinner and pull out linens, dishes, lights, and flowers that fit the occasion. Here, dressed-up French country style is played out with white lace, formal dinnerware, and symmetrical lighting. A bit too stilted? Take the edge off formality with springtime flowers arranged casually in a serving bowl. Display down-home dinnerware in the hutch as if you were at home in a thatched-roof cottage.



Arrange a scene in an open hutch to reflect the table's theme.

Finally, satisfy your guests with delightful decorations. Add eye-catching surprises to the setting. Brown paper pigs tied up in purple bows came to this party. And, quite at home in the city, thank you, a rooster crows from the sideboard.

SWEET SURPRISES FOR ONION LOVERS

Only long cooking mellows the brazen flavors of white, Spanish yellow, and red onions. Yet, Maui onions, Walla Walla onions, and Vidalia onions are so sweet you can almost eat them like apples.

Nobody knows for sure why some onions grown in specific regions of the U.S. taste as sweet as they do. When grown outside of these regions, these same onions would have the old familiar pungency. Sweet-onion farmers in Hawaii, Washington, and Georgia speculate that the soil and the gentle climate in sweet-onion countrysides make the difference. Whatever causes the change, when we sampled these onions in our Test Kitchen, we were pleasantly surprised by their flavor, raw and cooked.

- **Maui onions:** In the 1930s, a farmer on the island of Maui, Hawaii, planted onion seeds on the side of a mountain. In that volcanic, loamy Hawaiian soil, the onions grow mild and sweet.

Season: May through January. Shelf life: One to two months. Test Kitchen comments: The raw onion has an almost sugary flavor. When cooked, the onion tastes mild.

- **Vidalia onions:** "You can eat them like an apple." That is what they say and do at the annual Vidalia Onion Festival onion-eating contest. Farmers from four counties surrounding Vidalia, Georgia, have been growing these onions for 30 or 40 years.

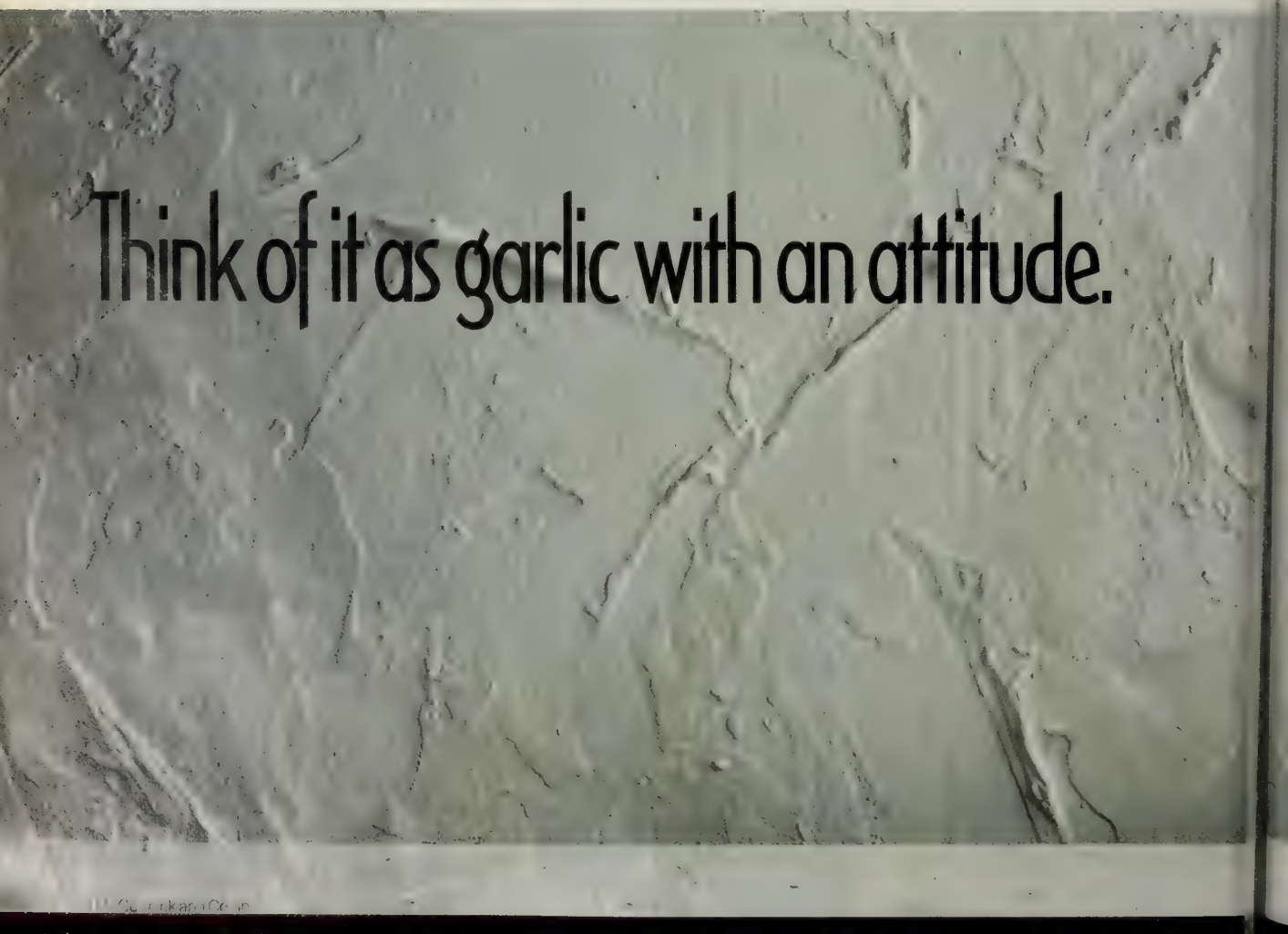
Season: May through July. Shelf life: Two weeks to one month. Test Kitchen comments: These onions have a very mild, delicate flavor.

- **Walla Walla onions:** Early in this century, a French soldier introduced seeds of an Italian-type onion to Walla Walla county in southeastern Washington and to Umatilla county in northeastern Oregon. Over the years, these evolved into the present-day Walla Walla onion.

Season: Late June to mid-August. Shelf life: One to two months. Test Kitchen comments: Raw onions have a slightly sweet flavor. Cooked onions are milder tasting than Maui onions and have a soft texture.

SWEET ONION STORAGE

Because of their high water content, sweet onions should be used within their recommended shelf life. For short-term storage, wrap onions in plastic wrap and chill. For longer keeping, wrap in netting to prevent bruising; hang in a cool, dry place.



PACK A REFRESHING TAKE-ALONG SNACK

Got the vending machine blues? When you want a snack and only something fresh will do, look to this fruit mix that you fix at home, then pack and tote to work or school.

FROSTY FRUIT MEDLEY

- **1 8-oz. can pineapple chunks (juice pack)**
- **½ cup walnut halves**
- **2 Tbsp. orange juice**
- **¼ tsp. ground ginger**
- **3 cups fresh *or* frozen strawberries, halved**
- **1 cup fresh *or* frozen blueberries**
- **¼ cup coconut**

In a large mixing bowl combine the *undrained* pineapple chunks, the walnut halves, orange juice, and ground ginger. Stir to mix well. Add the strawberry halves, the blueberries, and the coconut. Toss gently to coat the fruit with the juice mixture.

Divide the mixture among 4 small airtight containers, leaving extra space for it to expand during freezing. Label each container with the recipe name and date. Cover tightly. Store up to 1 month in the freezer. Makes 4 snack servings.

When you're ready to tote: Pack one or more containers of the frozen fruit mixture in an insulated lunch box with a frozen ice pack. The fruit mixture will thaw slightly (but remain frosty) in 4 to 6 hours. Don't forget to pack a spoon.



SCOTT LITTLE

Dig into a snack of healthful fresh fruits.

Nutrition information per serving: *194 cal., 3 g pro., 27 g carbo., 10 g fat, 0 mg chol., 6 mg sodium, 382 mg potassium, and 6 g dietary fiber. U.S. RDA: 128% vit. C, 10% thiamine.*



© The American Tobacco Co
Not available in some a



CURTAIN CALL
Three Scene-Stealers to Sew


POUF AND PANEL


LACE AND COTTON


CABANA STRIPES

PHOTOGRAPHS SCOTT LITTLE DESIGNS JERRY BROWN AND GARY BOLING

POUF AND PANEL Blue-and-white prints play romantic parts in this lyrical window treatment.
LACE AND COTTON Sweet lace frosts the lower panes, then the casual topper puts a masculine edge on the pair.
CABANA STRIPES Like colorful umbrellas on the beach, blue, white, and yellow freshen this room.

Steal the show with a window treatment that suits your decorating style. Here's a window that plays the scene in three different costumes: flouncy blue-and-white prints, demure lace, and fresh stripes. Pick the first for classic tradition, the second for fresh romance, or the third for a sunny-day-at-the-beach feeling. All of these shirred panels and valances slide onto ordinary rods. Although you'll need to make adjustments for your particular window size and shape, these sewing guidelines will get you started.

Pouf-and-panel pair. Give your window a frill with romantic blue-and-white prints. Using a large-scale print for the poufy topper, sew a valance 2½ times the width of your window and 36 inches long (include a 2-inch-deep rod pocket below a 3-inch heading). Finish the bottom edge with a 2-inch rod pocket. Hang the top edge on a mounted curtain rod. Slip a tension rod through the bottom rod pocket of the topper and place the rod inside the window frame about 7 inches below the top rod. Pouf the fabric out into a flounce.

For the shirred curtain at the bottom of the window, use a small-scale print fabric. Stitch a panel 2½ times the width of your window, allowing enough length to include a 3-inch heading and a 3-inch hem. Sew a 3-inch heading above a 2-inch rod pocket at the top of the panel and hem the bottom to fit just inside the window frame. Shirr the curtain onto a spring-tension rod and fasten the rod inside the window frame to hang. Even out the gathers.

Lace and cotton team. Pair up an unexpected fabric couple. You can mail-order the lace panels from the Rue de France catalog to fit your window height plus 3½ inches; you'll need 1½ times the window's width. To sew, fold the top edge over 3½ inches and sew 2-inch rod pockets 1 inch below the top fold (be sure to turn under raw edges). When stitched, slide the curtain onto a tension rod.

Sew the cotton topper from a narrow blue-and-white stripe. With a 22-inch drop at one end, sew a 12-inch-deep valance (finished size includes 2-inch rod pocket) the width of the window. Slip onto a wall-mounted curtain rod.

Sunny cabana stripes. Pep up a window with wide-awake stripes. For the shirred panel at the bottom of the window, stitch yellow-striped top and bottom rod pockets onto a blue-striped panel. Shirr the panel onto tension rods.

For the double valance, measure carefully before cutting the fabric. For the top edge, measure the entire width of each rod and add seams. Finished measurement for each wide end is 12 inches; the narrow end is 3 inches. Line a yellow and a blue valance with white fabric; sew the rod pocket lines 2 inches below the top edges. Hang the valance on a double curtain rod.

Strip Without Gloves!



No Unpleasant Odor!

Easy Off Paint Stripper

Penetrates layer after layer!



Quality products that really work.

Easy Off Paint Stripper is easy on you, but tough on old finishes. It removes layer after layer of paint and clear finishes in one application. Easy Off is ready to use right from the resealable big mouth pail. There is no unpleasant odor and clean up is easy with soap and water.

Send for your free guide and get professional tips on refinishing projects.



FREE GUIDE

Mail coupon to: Klean-Strip Guide, Dept. BHG8A
P.O. Box 13046, Memphis, TN 38113

Name

Address

City

State Zip

GARAGE-TOP GAME ROOM



PHOTOGRAPHS: RICK TAYLOR, REGIONAL EDITOR; RUTH I. REITER

The game room was built for easy conversion to a spare bedroom.

Jack and Pat Kelly believe in balancing hard work with good fun. Their new game room provides a place to unwind in the evenings and to entertain friends on weekends.

The Kellys wanted a room for informal entertaining and recreation—and Jack especially wanted a pool table. Because they had no basement, they decided to build an addition over their two-car garage. By raising the roof, the Kellys gained enough space for a pool table, wet bar, bathroom, and seating for about 10 people. The great weight of the pool table required that they install a steel beam to reinforce the floor under it.

The couple can enter the game room from a hallway on the second floor. Or, when they have guests, they can walk from the first-floor den through a hallway (formerly a utility room) behind the garage and up the new flight of stairs that leads to the game room.

Because they expect to sell the house someday, the Kellys included a full bath and closet space so that the future owners can convert the room into a mother-in-law suite. The addition has its own heating system.



The new dormer and raised roof blend well with the main house.



The stairwell culminates in a dramatic, front-facing dormer.

Spreckels

Since 1898 ™

CURES THE SUGAR BLUES



Try the Spreckels "Easy Pour & Seal" package and you'll wonder why someone didn't think of it sooner!

- Reduces Spilling
- Helps Eliminate Leaks
- Prevents Lumping
- Reseals Easily and Securely
- Handles and Stores Conveniently



MANUFACTURER'S COUPON EXPIRES 6/30/91

SAVE 50¢

on the purchase of a 4 lb. "Easy Pour & Seal" package of Spreckels Sugar. 100038

Limit one coupon per purchase of Spreckels' new "Easy Pour & Seal" 4-pound package. Any other use constitutes fraud. Not to be transferred or sold. RETAILER: We will reimburse you the face value of this coupon provided you and the consumer have complied with the terms herein. Invoices showing purchases of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed or restricted. May not be reproduced, transferred, assigned or sold. Consumer pays any sales tax. Cash value 1/100¢. Spreckels Sugar Company, P.O. Box 880078, El Paso, TX 88588-0078.

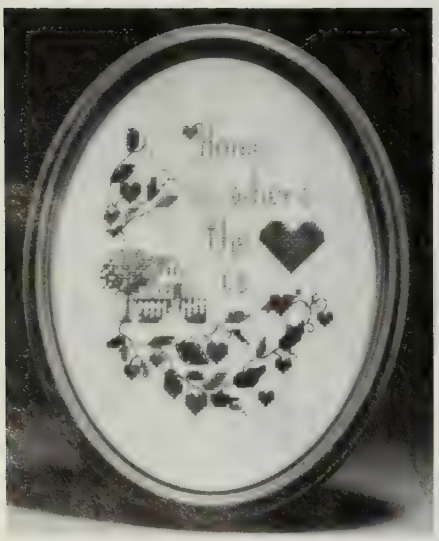
5 25100 55150 9



Features and performance to clean any pool—from small above-ground to the largest in-ground residential pools:

- Brushes and vacuums dirt and debris from pool bottoms, sloped surfaces, hopper and some vertical walls.
- Cleans any type of pool surface.
- Easily adjustable, by owner, to accommodate any size and shape pool.
- Attaches directly to filter suction. No need for booster pumps.
- Skimmer can operate continuously while the Formula works.
- No professional installation required.
- Dirt is collected in your pool filter.
- Low maintenance. Highly reliable.
- Fully guaranteed.

Manufactured by **Aqua Products, Inc.**
25 Rutgers Avenue, Cedar Grove, NJ 07009
Distributed by **Aquatrol, Inc.**
800-526-4203/201-857-2700



Easy-to-do Cross Stitch...Yours for ONLY $8.99!

Home is Where the Heart is

Available ONLY from
Better Homes and Gardens®

The authenticity of this 18th-century sampler is delicately revived in a quick-to-do stamped cross-stitch. Exclusive kit includes: special wrinkle-resistant fabric; 6-strand long fiber cotton floss in green, red, brown, blue, lavender and yellow; custom-molded, ready-to-hang Colonial Green frame; clear instructions. Measures 9" x 12" and is a perfect accent for den, bedroom, living room and hall.

100% MONEY-BACK GUARANTEE
if not completely satisfied!

HOW TO ORDER

1. Specify No. 27742 Cross Stitch Sampler $8.99 plus $1.50 shipping/handling. Include sales tax* if applicable.
2. Send name, address, order and remittance to:

Better Homes and Gardens SHOPPING SERVICE
Dept. 2MD, Box 374
Locust at 17th
Des Moines, IA 50336

*TAX NOTE: We are required to collect and pay STATE taxes in Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania and Wisconsin. We are required to collect and pay STATE/LOCAL taxes in Alabama, California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia and Washington.

WEB-STYLE HEDGE GATE



JESSIE WALKER

Some people use fences and gates to define property lines. Other people use hedges. This homeowner used a little of both when it came to a streetside entry for her property. Like a spider web glistening with dew as it floats in the branches of a bush, this web-style gate nestles in a hedge border for a one-of-a-kind entry.

The hedge borders the driveway, and the gate leads visitors and family to the front door. Because the gate would get frequent use, the architect designed it so that wobbles would never be a problem. He designated cement footings for the posts, with a center steel rod and metal straps to be inserted in each footing.

Plywood forms the basic box of each post. The interior of the box is framed to fit several rings that slide down over the center steel rod. The metal straps are then screwed to the base of the post for a secure fit. Crown and base molding finish off the post with style. Red cedar trim contributes a paneled effect.

The gate frame is red cedar 2×4s with glued mortise-and-tenon corner joints. Plywood pieces, nailed and screwed together, form the "web bing." A white stain finish gives the gate a classic look and catches the ray of sunlight like the gossamer strand of a spider web.

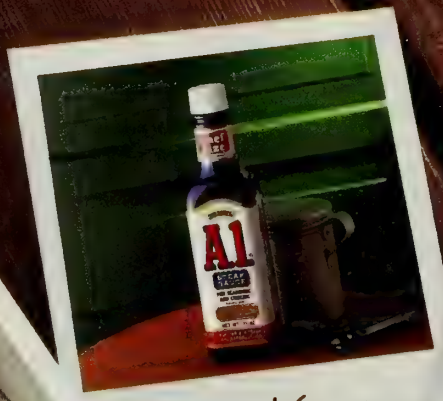
Landscape architect: Craig Bergman
Designer/builder: Robert S. Walker, Design Alternati
Regional editor: Jessie Walker Associates



Shown much smaller than actual size of 21".

Summer Get-togethers

When you need to feed
a hungry group, here are some names
you'll want to include.



A.1.® Steak Sauce



Tyson® Chicken



Hidden Valley Ranch®



Louis Rich®



Lipton® Side



Del Monte® Stewed Tomatoes



MINUTE® Rice



Jimmy Dean



Quick 'N Easy Chicken Taco Rice

Makes 6 servings

- 1 lb boneless chicken breasts, cut into strips
- 1 ½ tablespoons oil
- 1 ½ cups water
- 1 can (8 oz) tomato sauce
- 1 package taco seasoning mix
- 1 cup BIRDS EYE® Sweet Corn, thawed and drained
- 1 medium red pepper, cut into small strips
- 1 ½ cups Original MINUTE® Rice or MINUTE® Premium Long Grain Rice
- ¼ cup (1 oz) shredded cheddar cheese

Cook and stir chicken in hot oil until lightly browned. Add water, tomato sauce and seasoning mix. Bring to a boil. Reduce heat, cover and simmer 5 minutes. Add corn and red pepper. Bring to a full boil. Stir in rice. Cover; remove from heat. Let stand 5 minutes. Fluff with fork. Sprinkle with cheese. Serve with tortilla chips, if desired.

Nutrition Information Per Serving (without tortilla chips): 270 calories, 22 g protein, 31 g carbohydrate, 7 g fat, 50 mg cholesterol, 660 mg sodium, 2 g dietary fiber.

Light and Fluffy — America's Favorite Instant!



Plump Long Grains — Slow-Simmered Taste!



Family Favorite Barbeque Dip

- 1 can (8 oz) tomato sauce
- 2 tablespoons brown sugar
- 1 tablespoon vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 1 teaspoon instant minced onion
- ½ teaspoon - 1 tablespoon hot pepper sauce (according to personal preference)
- ⅛ teaspoon instant minced garlic

Combine ingredients in saucepan. Bring to a boil over medium heat, stirring occasionally. To serve, dip chicken in sauce. (Sauce ingredients can be combined in microwave-safe bowl. Cook in microwave oven on high power for 2 minutes; stir to blend.)

Tyson®



Feeding you like family.





Hidden Valley Ranch® Buffalo Wings

- 24 chicken wings/ drummettes
- ½ cup melted butter
- ¼ cup hot pepper sauce (less if desired)
- 3 tablespoons vinegar
- 2 packages Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
- ½ teaspoon paprika
- celery sticks

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan. Sprinkle with 1 package dry dressing mix. Bake 25-30 minutes or until browned. Sprinkle with paprika. Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as dip.

From our home to yours.
A traditional Hidden Valley favorite.





Jimmy Dean® Sausage Burgers

Makes 4 servings

- 1 lb Jimmy Dean Sausage (any flavor)
- 1 lb ground beef
- ¼ cup finely chopped onion
- 1 tablespoon Worcestershire sauce
- 2 tablespoons black pepper
- 1 teaspoon salt
- ½ teaspoon garlic powder

Combine all ingredients until well blended. Divide evenly into 4 pieces. Form solid patties to thickness desired. Grill burgers over medium hot coals until well done.



Jimmy Dean®
America's Favorite Sausage...and More!



Rolled Mexican Style Flank Steak

Makes 6 servings

- 1 (2 lb) beef flank steak, butterflied
- ¾ cup A.1. Steak Sauce
- 1 medium tomato, chopped
- 1 (4 oz) can diced green chiles, *or* ⅓ cup sliced jalapenos
- 1½ cups shredded cheddar cheese (6 oz)

Open butterflied steak like a book on smooth surface and flatten slightly. Spread steak with ¼ cup steak sauce. Layer tomato, chiles and cheese over steak. Roll up steak from short edge; secure with wooden toothpicks or tie with string if necessary. Place seam-side down in 13 x 9 x 2-inch baking pan. Top with remaining ½ cup steak sauce. Bake at 375°F for 30 minutes or until desired doneness. Slice and serve garnished as desired.

Preparation Time: 20 minutes
Total Time: 50 minutes



It's how Steak is Done.



Tomato Beef Salad Canton

Makes 4 servings

- 6 oz uncooked large shell pasta
- 1 can (14½ oz) DEL MONTE® Original Style Stewed Tomatoes
- 3 tablespoons red wine vinegar
- 2 tablespoons oil
- 1 tablespoon light soy sauce
- ½ lb thinly sliced cooked beef steak
- ½ cup sliced green onions
- 2 tablespoons chopped cilantro or parsley

Cook pasta as package directs; rinse and drain. Drain tomatoes reserving ¼ cup juice. Combine reserved juice, vinegar, oil and soy sauce. Pour over noodles, tomatoes, steak, onions and cilantro; toss. Serve chilled or at room temperature. Garnish with toasted sesame seeds, if desired.

Helpful hint: Leftover grilled steak is ideal. Use cooked meat within two days.

Variation: For a spicier salad, add ¼ to ½ teaspoon pepper sauce or 1 teaspoon Chinese chili oil.

Nutrition Information Per Serving: 363 calories, 12 g fat, 88 mg cholesterol, 434 mg sodium.





Spanish-Style Franks & Rice

Makes about 4 servings

- 1 package Lipton Rice & Sauce-Spanish
- 1 pound frankfurters, cut into 1-inch pieces
- 2 cups water
- 1 cup frozen corn, partially thawed, or 1 can (7 oz) whole kernel corn, drained
- 1 tablespoon Imperial Margarine

MICROWAVE DIRECTIONS: In 2-quart microwave-safe casserole, combine all ingredients. Microwave uncovered at HIGH (Full Power) 17 minutes or until rice is tender; stir.

Taste Tested Recipe from The Lipton Kitchens

TOP-OF-STOVE DIRECTIONS: Increase water to 2¼ cups. In large skillet, bring water and margarine to a boil; stir in remaining ingredients. Reduce heat and simmer, stirring occasionally, 10 minutes or until rice is tender.

Lipton® Side Dishes
It's not the same old stuff.





Caribbean Turkey Rice Salad

Makes 10 (1 cup) servings

- 1 package (about 1½ lb) Louis Rich Honey Roasted, Oven Roasted or Hickory Smoked Breast of Turkey
- 3 cups cooked rice, chilled
- 1 large tomato, chopped
- ¾ cup diagonally cut celery
- ¾ cup golden raisins
- ⅓ cup chopped, salted peanuts

Dressing

- ½ cup oil
- 3 tablespoons lime juice
- 4 teaspoons curry powder
- ¾ teaspoon dry mustard
- ¾ teaspoon onion salt *or* garlic salt
- ¼ to ½ teaspoon hot pepper sauce

Cut turkey into ½-inch cubes. Place in large bowl with all other salad ingredients, except peanuts. Stir together dressing ingredients and pour over turkey mixture, mix well. Cover and refrigerate 1 to 24 hours. Stir peanuts into salad just before serving.

Louis Rich Honey Roasted Breast of Turkey.
Tastes Too Good To Be 95% Fat Free.



35¢ | MANUFACTURER'S COUPON | EXPIRES 9/30/91 | 35¢

SAVE 35¢

When you buy any Tyson item

TO CONSUMER: Good only for the product indicated. Only one coupon redeemed per purchase. ANY OTHER USE CONSTITUTES FRAUD. Coupon not transferable. Coupons cannot be duplicated. TO GROCER: Redeem each coupon for face value plus 8¢ handling, provided you and your customer have complied with the terms of this offer and invoices proving purchase within 90 days of sufficient stock to cover coupons are shown on request. ANY OTHER USE CONSTITUTES FRAUD. Send coupons to TYSON FOODS, INC. P.O. Box 70151, EL PASO, TX 88587-0151. Consumer must pay sales tax. Good only in U.S. Void where restricted. Cash value 1/20 of one cent.

Tyson®

23700
212162

35¢ 35¢

50¢ | MANUFACTURER'S COUPON | EXPIRES 8/31/91 | 50¢

SAVE 50¢

on any two packages of Hidden Valley Ranch® Salad Dressing Mix

RETAILER: As our agent for redemption, you will be reimbursed in accordance with The HVR Company redemption policy. To redeem this coupon or to request a copy of our redemption policy, send to: The HVR Company, CMS Dept. 44600, One Fawcett Drive, Del Rio, Texas 78840. Void if reproduced. Offer void where prohibited, taxed or required to be licensed by law. CONSUMER: Only one coupon of any type may be used with the purchase of the specific product and size indicated. You must pay all applicable sales tax.



352419

5 71100 21024 3

50¢

25¢ | MANUFACTURER'S COUPON | EXPIRES 3/31/91 | 25¢

SAVE 25¢

on any Jimmy Dean® Sausage item

RETAILER: Your redemption signifies compliance with Jimmy Dean coupon redemption policy. Copy available upon request. Cash value $.001. To receive face value plus $.08 handling, send coupons to S.L. Treat Group, CMS Dept. 00060, One Fawcett Drive, Del Rio, Texas 78840. Proof of purchase must be submitted on request.



5 77900 00025 1

25¢ 6196 25¢

FREE RECIPES!

MAIL-IN CERTIFICATE

"Eating Smart with MINUTE® Rice"
With Over $1.00 in Minute® Rice Coupons!

To receive your FREE RECIPE BOOKLET and MINUTE® RICE COUPONS send this completed certificate to:

Eating Smart With Minute® Rice
P.O. Box 7275
Kankakee, IL 60902



Name _____

Address _____

City _____ State _____ Zip _____

Offer expires 1/31/91 or while supplies last. Void where prohibited or taxed or otherwise restricted. Allow 6 to 8 weeks for processing. Limit one per family, address, household group or organization. Offer good only in U.S.A., Puerto Rico and U.S. government installations. This original certificate must accompany request.

FREE A.1.® COOKBOOK OFFER



- Complete information below
- Mail to: A.1. COOKBOOK OFFER
  P.O. Box 9656
  Clinton, Iowa 52736

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Offer expires 12/31/90 or while supplies last. Void where prohibited, taxed or otherwise restricted. Allow 6-8 weeks for delivery.

COOKBOOK OFFER

Our new book, "Shortcut Cooking," features color photos and 99 tested recipes for busy families. To order, send $1.25 (check or money order made out to Lipton) plus one Lipton Side Dish UPC symbol to:

Lipton Side Dish Cookbook
P.O. Box 1124BH
Grand Rapids, MN 55745-1124BH



Name _____

Address _____

City _____ State _____ Zip _____

Offer expires 12/31/90 or when supply is exhausted. Offer void where prohibited, taxed or restricted. An offer of Thomas J. Lipton, Co., 800 Sylvan Ave., Englewood Cliffs, NJ 07632. Good only in USA. Please allow 6-8 weeks for delivery.

KEEPING FIDO OUT OF COURT

Laws that affect pet owners



STEVE BJÖRKMAN

Bars are for the birds. Don't make your pets take the rap.

Owning a pet isn't simple anymore. Broken families fight for custody of the dog. Neighbors sue for property damage caused by curious cats. Many local ordinances discriminate against pets.

Does this mean you need a lawyer just to bring home a stray kitten? Although laws vary from state to state, even from city to city, this guide can help you deal with difficult situations or keep you and your pet out of court.

DO YOU STILL GET ONE BITE?

After Lady, your gentle labrador, nips a child, the parents ask you to pay the medical costs. Are you legally obligated to do so? While some states have "one-bite" laws that release pet owners from liability unless they have previous knowledge of the animal's tendency to bite, you will more than likely be found liable for the injury. However, if you can prove that she was provoked to attack, Lady might be found innocent.

You also may be able to prove that the person Lady attacked was trespassing on your property, but be careful about making this claim. Unless your gates were locked or a sign posted, under many ordinances you have given "implied invitation" to salespeople, delivery personnel, visitors, and others, possibly even criminals. There have been cases where a would-be robber, attacked by a dog, has sued the animal's owner for damages. And won! Some homeowner's and renter's insurance policies cover injuries and damage caused by pets, but not the loss of the pet itself.

INJURIES TO YOUR PET

If your pet is injured or killed, you may be able to collect modest damages. But, in most states, pets are considered personal property, like a car, and your award may cover only replacement cost or the animal's potential value. Naturally, the owner of Morris the cat would collect more than you would for your mixed-breed tom who is not finicky about his food and doesn't do commercials. Joyce Tischler, executive director of the Animal Legal Defense Fund (ALDF), says, "Most people don't have Rin Tin Tin at home. Your pet may be worth a million dollars to you emotionally, but the market value is still $30."

However, Tischler notes that judgments in some areas of the country are increasing, based on pets' emotional value. While out-of-court settlements for pets that have been killed used to be in the $100 to $200 range, some now go as high as $1,000 to $2,000; $3,000 to $4,000 if the cases go to court. In some states, including New York, Florida, California, and Hawaii, judges and juries are beginning to recognize that pets are worth more to their owners than their face value and tend to award higher damages.

TIPS TO KEEP FIDO OUT OF COURT

1. Become familiar with regulations such as leash laws, pooper-scooper policies, and one-bite rules. You'll find local laws in the municipal code, usually at your county courthouse, city offices, or library.
2. Check your homeowner's or renter's policy to see whether you're covered if your pet injures someone or damages property.
3. Be responsive about complaints and try to avoid litigation.
4. Control an aggressive pet.
5. Never surrender your pet to authorities until you've talked to an attorney. Once you hand over a pet, it is difficult to get it back.
6. If you suspect veterinary malpractice or have some other legal problem regarding your pet, contact a lawyer with experience in animal law. For a local referral, contact the *Animal Legal Defense Fund, 1363 Lincoln Ave., Dept. BHG, San Rafael, CA 94901; 415/459-0885.*

PROPERTY DAMAGE

As in cases of injury, pet owners are usually found liable for damage caused by their pets. Damage to livestock is a particularly serious offense, and livestock owners in most states can legally kill a dog that is attacking—or even bothering—their animals. Check your homeowner's policy to see if you are adequately covered.

continued on page 12



Pro Plan. When Better Is Expected.

You may think most premium pet foods are good. And they are. But are they good enough for your dog or cat? Compare them to Pro Plan.

Purina Pro Plan pet foods use real chicken as a primary ingredient. Real chicken helps provide exceptional nutrition and taste. Most Hill's products use ground corn. And that's what you'll find in just about any ordinary brand.

Pro Plan is sold only by those pet professionals who understand the importance of pet nutrition. Which is why you will only find us at veterinarians, and specialty pet and feed stores.

So, next time look for Pro Plan. Because a pet food that's just good, shouldn't be good enough for your pet.

Purina®

PRO PLAN®

brand Pet Foods

For the Pro Plan retailer nearest you, call:

1-800-PRO PLAN



Built Like A Tank
Light As A Feather
Works Like A Horse

This is the unique combination Royal® uses to create our all-metal upright vacuums. The result is a handcrafted vacuum that's remarkably simple to handle, easy to use, and built to last a lifetime. In fact, Royal uprights carry a lifetime warranty on the cast aluminum fancase, nozzle, and motor housing. And when it comes to cleaning, Royal is the king of the hill. Our unique bell-shaped nozzle and curved, double-row revolving brush provide the optimum airflow and agitation to clean even deep-down, ground-in dirt. Experience the difference a Royal can make in your home. Look in the Yellow Pages or call 1-800-321-1134 (in Ohio 1-800-362-5509) for the authorized dealer nearest you.



Royal

Royal also makes the Dirt Devil® line of vacuums.

MADE IN THE USA

©1989 Royal Appliance Mfg. Co. All rights reserved.

KEEPING FIDO OUT OF COURT

continued from page 122

TENANT AGREEMENTS

You've found the perfect pad for you and Willie, your well-mannered pup, but the lease stipulates "no pets." Do you sneak in Willie, then never ask your landlord to paint your bathroom or fix your stove? Do you look for something else? Or can you reach a compromise?

Recent research, which shows that pets can improve the quality of life for some people, has helped shape legislation regarding the rights of renters to keep pets. Congress passed a law in 1983 allowing elderly and handicapped tenants of federally subsidized housing to have certain animals in their apartments. But many landlords in the private sector include a no-pets clause in their leases. ALDF director Tischler explains that some landlords use this rule as an excuse to evict longtime tenants in order to hike the rent when they lease the apartment to someone else. Under an ordinance in New York City, the no-pets clause is waived if the tenant has been in open possession of a pet for more than three months.

To help you and Willie win your dream home, there are a few things you can do, according to Mary Randolph in her book, *Dog Law* (Nolo Press, $12.95). Furnish your potential landlord with a letter of recommendation from your present landlord. Bring Willie (if he's having a good day) with you to visit the landlord. Or offer to put down a larger damage deposit. Be certain that any agreements you make are in writing, signed and dated by both you and your landlord.

PET NUISANCES

By legal definition, a nuisance occurs when something over which you have control invades the property or thi enjoyment of the property of someone else. Some cities hav nuisance ordinances that are enforced by the animal-contro agency. If your neighbor's parrot squawks 24 hours a day i front of the window facing your bedroom, you could con tact your local agency, or sue for an injunction to keep Poll from pontificating. However, because of costly legal fee and the lengthy process, it is better to work things out wit your neighbors instead of taking them to court.

You have a responsibility to keep your dog from disturb ing the peace by barking, and to make sure your cat doesn use someone's flower bed as a litter box. Many cities neighborhoods offer mediation services for such problems

CRUELTY

Most states have laws that define cruelty to animals, suc as beating, starving, failing to protect them from the el ments, or engaging them in fighting. Report suspected cr elty to your humane society. If the results aren satisfactory, contact the police or sheriff. Remember, y may be required to testify against the accused.

LOCAL REGULATIONS

Pets, especially dogs, must be licensed in most cities counties. Usually you need to show proof that your anin

has been vaccinated for diseases such as rabies before the license can be issued. Many communities also require pets to be on a leash when outside their owners' yards. Pooper-scooper regulations, which stipulate that owners must clean up after their pets in public areas, are sometimes enforced by other groups. Check your city and county laws, as well as any agreements you may have signed if you live in a condominium or apartment complex, for pet regulations.

VICIOUS-DOG LAWS

Because of incidents in which people, especially children, have been mauled by a type of dog known as a pit bull terrier, many cities and states are working on regulations to outlaw dogs that fit the description of this type of animal. Unfortunately, says Roger Schindler, a Miami attorney who has fought such laws, a pit bull terrier is not actually a breed, and the descriptions of these dogs are so vague that many nondangerous canines could be destroyed just because they fit the legal definition of a pit bull.

Schindler and others nationwide are hoping that laws will not be breed-specific and discriminate against pit bulls, but passed as "vicious-dog" laws, which would be enforced only when the dog shows a tendency toward viciousness. California and Minnesota currently have such generic vicious-dog laws.

If you own a dog that might fit the definition of a pit bull terrier, consult the current laws in your city and state, and also those now being considered for legislation. You could be required to carry extra insurance or meet special regulations.

OWNERSHIP AND WILLS

Many divorcing couples haggle over custody of the pets. Cathy Gorlin, a divorce attorney in Minneapolis, says the animal is normally awarded to the spouse who spent the most time with it or to the one who has custody of the children if it was a family pet.

Similarly, it is becoming increasingly popular for owners to provide for their cats and dogs in their wills. Although you cannot bequeath money directly to a pet, you can appoint a trustee and leave funds to that person to care for your pet after you die.

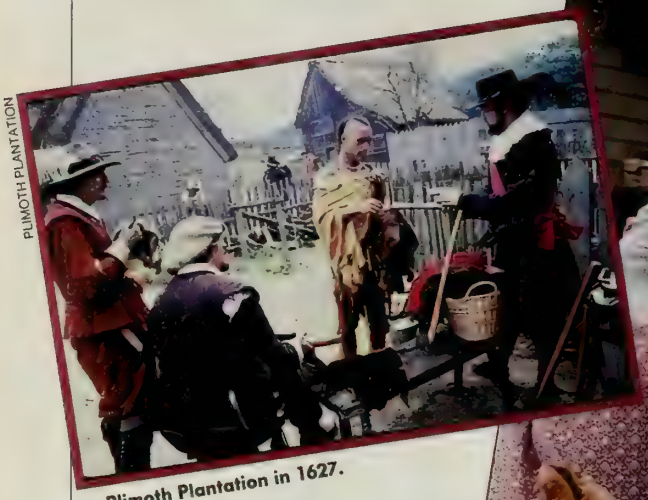
Some pet owners request in their wills that, upon their death, their pet be humanely destroyed. These provisions usually are not carried out by the courts, especially if a good home can be found for the animal.

If you have questions about including a pet in your will, contact your lawyer or ALDF.

VETERINARY MALPRACTICE

Just as the number of malpractice cases for physicians has skyrocketed in the past decade, veterinarians are being sued more often for mishandling pet cases. But because most courts still place only a face value on pets rather than emotional value, the damages normally won't cover court costs. If your pet has been injured or killed, and you believe it is a case of negligence or malpractice, contact your local humane society or ALDF.





PLIMOTH PLANTATION

Plimoth Plantation in 1627.



1900s chores at Living History Farms.

Want to know what it was really *like in the good old days? Join us at four open-air museums, where learning about the past is as much fun as spending a day at a theme park.*

LIVING HISTORY

FARMS AND MUSEUMS

Ask Myles Standish about his voyage on the *Mayflower.* Watch a blacksmith in action. Visit an Indian bark lodge. Living history museums are time machines that can transport you back to an 1830s New England town or an 18th-century hacienda.

Some, such as Plimoth Plantation, are well known, while others, like Santa Fe's *El Rancho de las Golondrinas,* are delightful surprises. Most feature special events—for example, Old Sturbridge Village's Independence Day celebration and the festivals at *las Golondrinas.* Also check into off-season happenings. One of the tastiest treats is the 1900s-style dinner served all winter at Living History Farms in Des Moines. Read about Williamsburg, Virginia, in our April 1990 issue.

BY LOIS ANNE NAYLOR

continued on page 128



What many other car repair guarantees cover after 90 days.

LIFETIME SERVICE GUARANTEE

The Lifetime Service Guarantee lasts for as long as you own your Ford, Lincoln or Mercury. That's Peace of Mind℠.

Most car repair guarantees last for only 90 days or 4,000 miles. Ours lasts a lifetime.

A lifetime means you only pay for a covered repair once. If it ever needs to be fixed again, just hand a copy of the bill to your dealer. He'll fix it free. Free parts. Free labor. For as long as you own your vehicle.

A lifetime means it doesn't matter how many miles you drive. Or if your car is new or used. And that means LSG covers more parts and labor longer than anyone else. Which makes it America's best car repair guarantee.

QUALITY CARE FOR QUALITY CARS℠

FORD
MERCURY
LINCOLN

Ask a participating Ford or Lincoln-Mercury dealer for LSG. Because Peace of Mind is having a guarantee that won't disappear.

ord Motor Company

continued from page 126

PLIMOTH PLANTATION
Plymouth, Massachusetts

One of the most dramatic places to see history come alive is at Plimoth Plantation. John and Priscilla Alden are not just names in a textbook here, but actual people who will chat with you about their struggles to establish a settlement in a foreign land.

Role players, versed in the mannerisms, accents, and customs of 1627, add to the illusion that you have stepped into the pages of history. Besides Pilgrim personifications, the Plantation boasts a believable setting, based on extensive research. As you stroll the small town, enclosed by a palisade, you sense how life must have been for the Pilgrims. Most of the 13 homes have thatched roofs and dirt floors. Peek under a bed in the dimly lighted rooms, and you'll spot a 17th-century mousetrap.

Open 9 a.m.–5 p.m. daily, April through November. Your best deal is the combination ticket, which also admits you to the Woodland Indian homesite and, three miles to the south, *Mayflower II.* Adults $15; $10 for ages 5 to 12. *Box 1620, Dept. BHG, Plymouth, MA 02360; 508/746-1622.*



Even the animals are authentic to the 1830s at Sturbridge Village.

OLD STURBRIDGE VILLAGE
Sturbridge, Massachusetts

You won't meet anyone famous at Old Sturbridge Village, which depicts life in a typical 1830s New England community. What you will find as you explore the three main areas of this hamlet-that-never-was are a broom maker, banker, baker, blacksmith, and other common, everyday folks.

A classic spired white church anchors one end of the center village, where homes, shops, and businesses border a common. The unpainted 1704 Fenno House is the oldest of Sturbridge's 40 buildings, and the Towne House, the stately abode of a prosperous family, the most opulent.

Mosey about a quarter of a mile down a tree-lined country road, and you'll arrive at the Pliny Freeman Farm. About 250 such farms could be found in a New England community in the early 19th century. At the nearby mill neighborhood, you can watch wool being carded for spinning, rye ground into flour, and logs sawed into boards.

Skilled interpreters at Sturbridge demonstrate everything from sheep-shearing, shoemaking, and spinning to wool dyeing, tin making, and printing.

Daily 9–5, April 28–October 28, then 10–4 Tuesday through Sunday. Your ticket—$14 for adults; $6 for ages 6 to 15—gets you in free the next day. Sturbridge offers sign-language interpreters plus sensory and tactile tours. *1 Old Sturbridge Village Rd., Dept. BHG, Sturbridge, MA 01566; 508/347-3362.*

LIVING HISTORY FARMS
Des Moines, Iowa

Most museums focus on a single time period, but Living History Farms shows how midwestern life and farming evolved in five different eras, from the 1700 Ioway Village to the Farm of Today and Tomorrow. The Smithsonian's curator of agriculture, Terry Sharrer, calls this heartland gem the best living history farm museum in the country because of its 300-year scope and historical accuracy.

Women at the 1850 Pioneer Farm bake bread and prepare a hearty noon meal on the hearth in a one-room log cabin. Interpreters also plow with oxen, dip candles, make soap and spin. Life is more leisurely at the 1900 Farm, with its two-story house, wood-burning stove, and team of horses.

For a good time at the 187 Town of Walnut Hill, see Al and Ermadene Dickey, proprietors of the general store. They could sell snake oil to cobra, but kids prefer the paper dolls and whistles that earlier youngsters coveted.

Open daily May to Octobe 9 a.m.–5 p.m.; 11 a.m.–6 p.m. Sunday. Adults $6, kids 4–1 $4, 60 and over $5. *2600 NW 111th St., Dept. BHG, Urbandale, IA 50322; 515/278-528*

EL RANCHO DE LAS GOLONDRINAS
Santa Fe, New Mexico

Fifteen miles south of Santa Fe lies valley oasis that gave 18th-centu travelers a respite from their arduous journey on the *Camino Real. El Rancho de las Golondrinas,* The Ranch of t Swallows, also was a hacienda, suppo ing 50 people. The working ranch s raises blue corn and chiles, but the r lure of this museum is its authentic piction of early Spanish-colonial life

Two *placitas* and a mountain villa form the core of the exhibit area wit winery, a school, mills, and other str tures scattered over the grounds. Y enter the *Golondrinas Placita* throu a gate in the high adobe wall. A ro tower guards the complex. Bedro doors are kid-size to protect the inha ants from Comanches and *bandi* who had to crouch to enter, putt them off balance to attack.

During festivals in June and O ber, the number of interpreters sw from a dozen to 60 or 70. A crafts and dancers add to the fiesta feelin

Open 10–4, Wednesday through S day, June, July, and August. $3 ad $2 teens; $1, 5 to 12. Festivals: $5, $2. Call for reservations other ti *Route 14, Box 214, Dept. BHG, Sa Fe, NM 87505; 505/471-2261.*


Kings and 100's, 10 mg. "tar", 0.8 mg. nicotine. Kings and 100's, 14 mg. "tar",
nicotine av. per cigarette by FTC method.
ew
BELAIR
aste The Refreshment
Available in Full Flavor and Lights,
Kings and 100's.
BELAIR
Lights
100's
AR • MENTHOL
BELAIR
REFRESHING MENTHOL
BELAIR
KINGS
Everyday
Low Price
SURGEON GENERAL'S WARNING: Smoking
Causes Lung Cancer, Heart Disease,
Emphysema, And May Complicate Pregnancy.
© 1990 B&W Co.

One of the best reasons to visit a Sherwin-Williams store i right in your own backyard.



Courtesy of Picardi Construction Co., Inc., Southborough, MA.

ASK SHERWI WILLIAM

FOR YOUR FREE SAMPLE (FLOOD'S DECI RESTORATION H

Your deck gives you lots of e ment. Now invest in its future wood care products from Th Company that protect new d clean old ones.

Brighten dirty, discolored w older decks with Flood's DEKS Then apply penetrating CWF Wood Finish to protect woo moisture and exposure.

And if your deck is new help keep it looking that wa Flood's SEASONITE®, a pre for new exterior wood.

Come into Sherwin-Will today and ask for your free size deck restoration kit, an home all decked out for the



Sample

SHER Willi

© 1990, The Sherwin-Williams Company

Sunflowers

CRAFT A ROOM OF BLOOMS



SUNFLOWERS IN A VASE
A painterly bouquet comes to life with dainty calicoes and prints. Textural embroidery adds detail and depth to machine appliqué.

A pitcher chock-full of summer's favorite blossoms inspires a ruffled work-of-art appliqué and a cozy cottage bursting with handcrafted flowers.

BY JIM WILLIAMS AND JILANN SEVERSON

Sunflowers

SUNFLOWER QUILT
Rows of hand-appliquéd flowers sprout around a summer-weight quilt.

STENCILED CUPBOARD
Stylized sunflowers grow tall on the doors and sides of a purchased armoire. Layers of sanded paint and a coat of dark varnish give it a time-worn look.



PHOTOGRAPHS: PERRY STRUSE DESIGNS: JIM WILLIAMS QUILT: MOUNTAIN MIST CLASSIC QUILT PATTERNS

Instructions begin on page 136. To order kits, patterns, and iron-on transfers, see page 141. Buying information, see page 76.



COTTAGE ALL ABLOOM

Earth-brown walls, stem-green woodwork, and a petal-bright checkerboard floor mix with a field of painted, stitched, and stenciled sunflowers.

Sunflowers



GIANT SUNFLOWER WHIRLIGIG

The petals of a folk art cousin to the real thing spin in the wind.

FOLDING FIRE SCREEN

Wooden cut-outs zigzag back and forth on hinges to dress up the fireplace for the summer.



f you don't care for your teeth ou can always get another set.





Of course they won't be like the originals.
Replacements seldom are.
Which could be why more dentists recommend Crest.
The toothpaste that's helped prevent more cavities
over the years than any other.
One that can help make checkups easy.
Because while most things in life can be replaced,
some things shouldn't be.

Crest. The Dentists' Choice.

ADA ACCEPTED American Dental Association

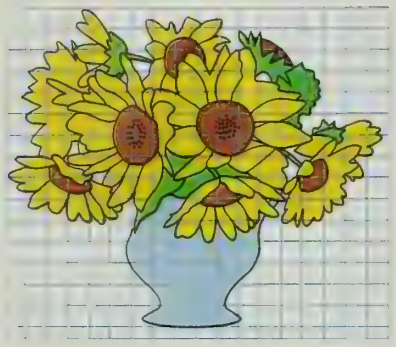
"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

© P&G 1990.

SUNFLOWERS

continued from page 134

SUNFLOWER PILLOW



1 Square = 1 Inch

SUNFLOWER PILLOW, page 131

To order full-size pattern, see page 141.

Materials: 2 yd. small blue-and-white gingham; 19×21-in. piece lightweight natural canvas; 12×12-in. square blue toile print for vase; fabric scraps in the following colors and amounts: 4 different brown print, 9 different yellow print, 3 different green print; 1 yd. Wonder Under transfer web; 2½ yd. piping; ⅝ yd. fusible interfacing; 5 yd. brown jumbo rickrack; 2 yd. each of gold, brown, and yellow tapestry yarn; 18×20-in. purchased or self-made pillow form; tracing paper.

Instructions: Finished size, approximately 18×20 in. plus 3½-in. ruffle all around. Unless otherwise stated, sew with right sides together using ½-in. seam allowance.

Enlarge pattern (*above*) to scale onto tissue paper; transfer all heavy lines from pattern to center of canvas and paper side of transfer web. *Note:* Be sure to reverse pattern when tracing to paper side of transfer web. From gingham, cut pillow back to match front; interface wrong side.

Cut shapes from transfer web; fuse to appropriate fabrics according to manufacturer's directions. Cut shapes from fabrics. *Note:* When cutting petals and centers, allow for slight overlap of fabrics for smoother satin stitch. Transfer detail lines (thin lines) to cut pieces. Fuse fabric to canvas according to manufacturer's directions.

Machine-satin-stitch all outlines and detail lines in matching threads. Using tapestry yarn, make French knot centers as indicated on pattern.

Mark seam lines ½ in. in from raw edges of pillow front. Baste piping to pillow front along seam lines.

For ruffle, cut eight 4½×45-in. pieces gingham. Sew short sides of 4 strips together to form circle; repeat with remaining strips. Baste center of rickrack to outer edge seam line of 1 ruffle circle. Sew ruffle circles together with rickrack sandwiched between them. Turn and press. *Note:* Edge of rickrack should extend beyond edge of ruffle, forming a scallop. Baste raw edges together; gather edge to fit pillow. Sew ruffle to front over piping. Sew front to back leaving 1 side open for turning. Insert pillow form; slip-stitch opening closed.

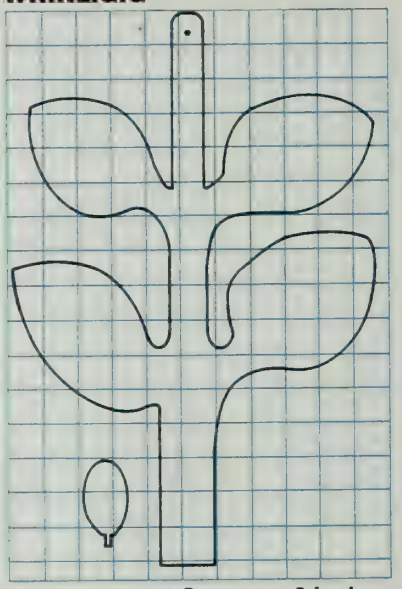
GIANT SUNFLOWER WHIRLIGIG, page 134

To order project plan, see page 141.

Materials: 9×18-in. piece ½-in. plywood; 24×36-in. piece exterior plywood; 14×28-in. piece tempered hardboard for petals; 1-in.-long 1¼-in. dowel; 3-in. carriage bolt; two ¼-in. washers; self-locking nut; ¼-in. i.d. brass tubing for bushing; wood glue; nails; exterior paints as desired.

Instructions: Enlarge pattern (*below*) to scale. Transfer markings for whirligig attachment. Cut stem and leaves from exterior plywood. Cut 16 petals from hardboard.

GIANT SUNFLOWER WHIRLIGIG

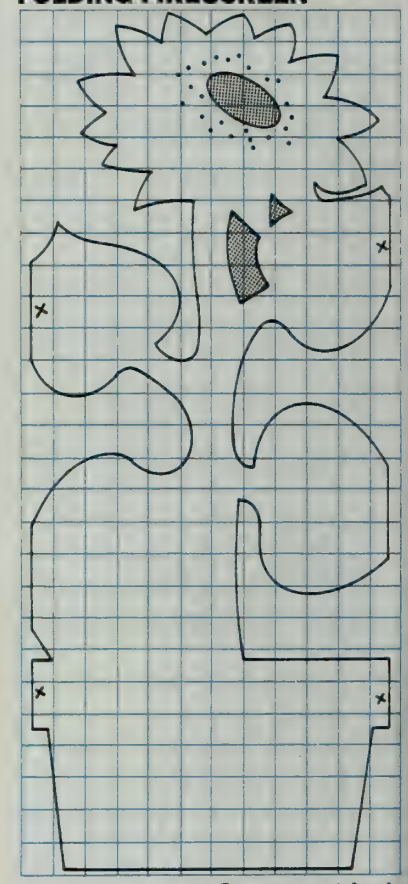


1 Square = 2 Inches

Cut two 8¼-in.-diameter circles from plywood. Drill 9/32-in. hole in center of 1 circle. Insert bushing. In center of other circle, cut 3-in.-diameter opening. On face of this circle, drill randomly spaced ⅛-in. holes to resemble seeds. Glue and nail 8¼-in. circles together, placing circle with "seeds" on top. Smooth and round all edges. On edge of circle, drill 16 equally spaced ⅛-in. holes for petals.

Attach 1-in. dowel to stem. Insert carriage bolt from back. Attach flower to stem, placing washers behind flower and self-locking nut. Glue and attach petals. Paint as desired.

FOLDING FIRESCREEN



1 Square = 1 Inch

FOLDING FIRE SCREEN, page 134

To order project plan, see page 141.

Materials: 6-ft. piece clear flat 1×12-in. pine; 10 pairs 1¾×2-in. folding screen hinges; primer; paint.

Instructions: Enlarge pattern (*above*) to scale; transfer 6 complete patterns to pine. Cut out 6 pieces.

Square bottom of each piece. Using ⅛-in. drill bit make holes around flower center as indicated. Remove remaining shaded areas.

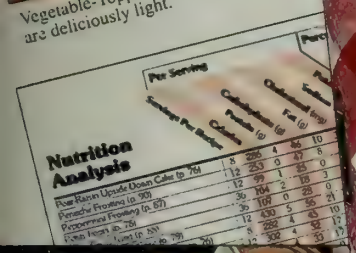
Sand all edges. Prime and paint as desired. Attach hinges at X markings

continued on page 13

The all-new edition of the best-selling cookbook of all time is yours to try FREE for 14 days.



Vegetable-Topped Fillets are deliciously light.

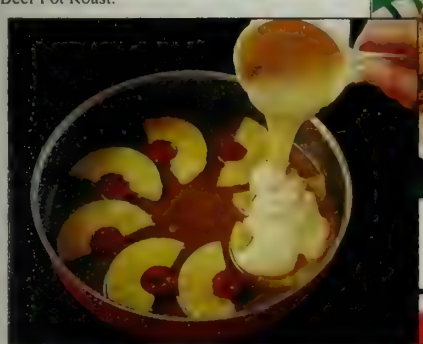






hearty Beef Pot Roast.





Above: Fruit-Filled Oatmeal Bars. Left: How-to photos lead you through the simple steps.

Introducing the 10th edition of the Better Homes and Gardens® NEW COOK BOOK

The all-new tenth edition of the Better Homes and Gardens® NEW COOK BOOK is for you and the way you live today. From home-style treats to the new, light cusine—from weekend entertaining to everyday comfort food—we can make *your* home cooking the best cooking of all.

The all-new tenth edition features:

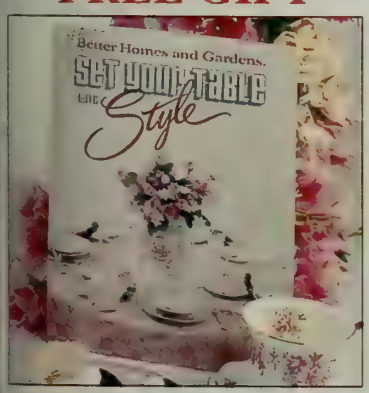
- 448 pages • 1,328 recipes
- microwave variations
- 441 full-color photos • tip boxes
- chart pages • special helps
- nutritional analysis for every dish
- ethnic and regional dishes

When food has to be on the table in no time flat, just look for the recipes marked *FAST*. Each one is guaranteed to take no more than 30 minutes from the time you step into the kitchen to the time the dish is on the table.

You will find reduced sugar, fat, and salt wherever possible, plus more chicken, fish, salad, and vegetable recipes. Ethnic and regional dishes that have become standard "American" dishes are included along with updates of your favorite NEW COOK BOOK features: time-saving tips, substitution tables, equipment tips, and more.

And best of all, you can try it FREE for 14 days, and receive a FREE GIFT whether you decide to buy or not.

FREE GIFT



SET YOUR TABLE WITH STYLE

guidebook is filled with ideas and inspirations for new unique table designs — from centerpieces to napkin-ing. It's yours to keep — FREE — just for previewing er Homes and Gardens® NEW COOK BOOK.

29-902

FREE TRIAL AND GIFT CERTIFICATE

YES! Send me the Better Homes and Gardens® NEW COOK BOOK for 14 days FREE without obligation to buy. If I am not entirely delighted, I may return it after that time and owe nothing. Or I may keep it and pay in 3 monthly installments of just $6.65 each, plus shipping and handling (and sales tax where applicable). Better Homes and Gardens® SET YOUR TABLE WITH STYLE will be mine to keep as a FREE GIFT no matter what I decide about the NEW COOK BOOK.

Note: Offer subject to approval and acceptance.

Print Name _____

Address _____

City _____

State _____ Zip _____

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe in the NEW COOK BOOK has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

CALL TOLL FREE
1-800-228-6266
Have credit card handy for your phone orders.

YOUR SATISFACTION IS GUARANTEED
MAIL TODAY! SEND NO MONEY NOW!

Better Homes and Gardens BOOKS®

Mail To: Better Homes and Gardens® Books
P. O. Box 10674, Des Moines, Iowa 50380-0674

This offer valid in the United States only.

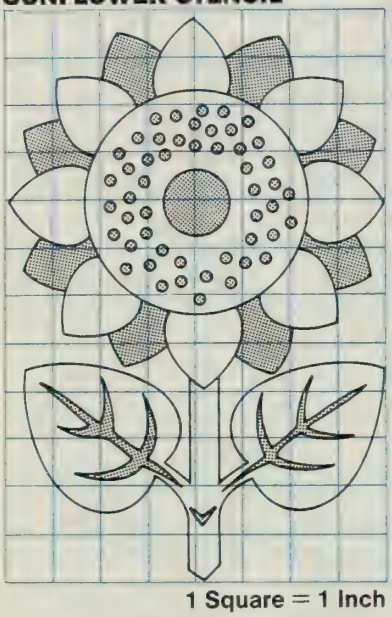
©Copyright Meredith Corporation 1990. All Rights Reserved. Printed in U.S.A.

046-354647

SUNFLOWERS

continued from page 136

SUNFLOWER STENCIL



1 Square = 1 Inch

STENCILED CUPBOARD, page 132

To order precut stencils, see page 141.

Materials: Purchased cupboard; Sherwin Williams paints in the following colors or as desired: Provincial Gold (SW1370), Artful Auburn (SW1308), Veronica Blue (SW1495), Grass Roots (SW1734), Santa Fe Trail (SW1069); Liquitex Acrylic tube paint in the following colors: Raw Sienna for center and seed dots, Iridescent Copper for outer circle, Turner's Yellow for large petals, Yellow Orange Azo for small petals, Permanent Green Light for veins, Chromium Oxide Green for leaves; plastic for stencils; stencil brushes; sandpaper; medium brown stain.

Instructions: Enlarge pattern (*above*) to scale. *Note:* Shading indicates parts cut from different stencils. Make separate stencil for each of the following: stem with leaves, leaf veins (shaded), large petals, small petals (shaded), solid sunflower head (outer circle), center (shaded), and seed dots (shaded).

Paint cupboard with base coat of Provincial Gold. Paint cupboard as follows or as desired: inside and top moldings with Grass Roots; top and inside doors with Artful Auburn; outer outline on door panels with Veronica Blue; base, legs, and inner outline on door panels with Santa Fe Trail.

Stencil sunflowers in above order using acrylic paints as indicated. *Note:* Acrylic paints may be blended for different colors. If antiqued look is desired, lightly sand painted cupboard; lightly wipe with stain.

SUNFLOWER QUILT, page 132

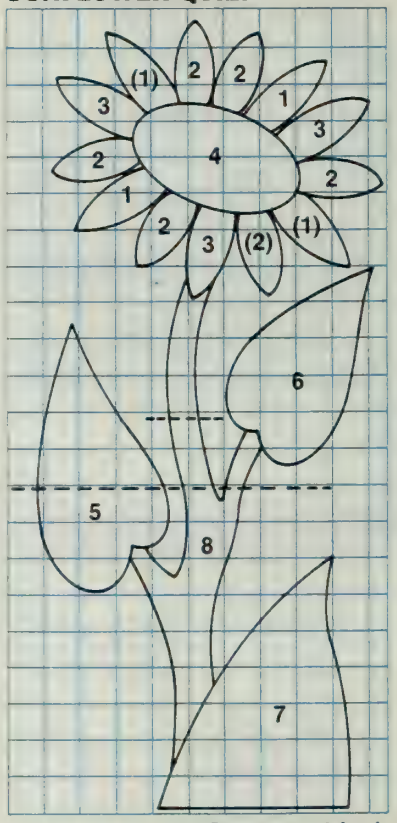
To order full-size pattern, see page 141.

Materials: 45-in.-wide fabric in the following amounts: 2¾ yd. canary yellow, 2¾ yd. medium brown, 2¾ yd. moss green, 6 yd. white quilt backing; cardboard or plastic for templates; matching thread; water-erasable marker; quilt batting.

Instructions: Finished size, approximately 72×89 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Templates: Enlarge sunflower pattern (*below*) to scale. *Note:* Dotted lines across leaves and stem indicate length

SUNFLOWER QUILT



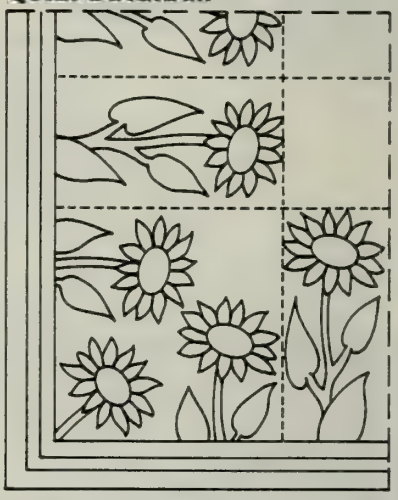
1 Square = 1 Inch

of shorter sunflowers used in corner blocks. Cut template for pieces numbered 1–8. If desired, add ¼-in. seam allowances to templates.

Cutting: Cut the following pieces from the appropriate colors, adding seam allowances to appliqué pieces. Border and block measurements include seam allowances. *Note:* Numbers in parentheses mean pattern is to be reversed.

From yellow: 4 borders 2½ in. wide by fabric length; 44 No. 1, 44 No. 1 reversed; 110 No. 2, 22 No. 2 reversed; 66 No. 3.

QUILT DIAGRAM



From brown: 4 borders 1½ in. wide by fabric length; 22 No. 4.

From green: 4 borders 2 in. wide by fabric length; 10 No. 5 whole leaves, 8 No. 5 half leaves; 18 No. 6; 10 No. 7; 10 No. 8 whole stems, 8 No. 8 half stems, 4 No. 8 short stems.

From backing: 4 blocks 22½×22½ in.; 2 blocks 19½×22½ in.; 6 blocks 12½×22½ in.; 1 block 19½×36½ in.

Appliqué: Trace sunflowers to blocks as follows: 1 full sunflower onto 12½×22½-in. blocks, 2 full sunflowers onto 19½×22½-in. blocks, and 3 sunflowers (1 full, 1 half, 1 short) onto 22½×22½-in. blocks. See diagram (*left*) for detail. *Note:* Diagram represents ¼ of pattern. Flop in both directions to complete. Hand-appliqué sunflowers in place.

Assembly: Referring to diagram (*above*) sew smaller blocks to large center block. Sew green, brown, and yellow borders to quilt top, mitering and trimming to fit. Cut backing and batting slightly larger than top; baste together in all directions.

Finishing: Hand- or machine-quilt as desired. *Note:* Additional sunflower and leaf designs may be used in quilting for further interest.

Trim batting and backing to fit top. Cut narrow binding strips from remaining yellow. Bind as desired.

There is something else in the world with the same kind of softness as Northern.

A cuddly quilt. Its softness was all the inspiration we needed to create Northern® —the only leading bathroom tissue that's quilted.

You see, our secret is that every sheet of Northern is actually two layers quilted together for a soft, cushiony feeling.

So try Northern bathroom tissue. And discover a special kind of softness you've really always known about.



© 1989 James River Corporation



GO AHEAD. ASK US ANYTHING

When it's time to sell your home, you're bound to have questions like "What will buyers think of our home?"

We know. Because we asked our agents around the country what buyers are really looking for. And we used that knowledge to develop the Better Homes and Gardens® Home Merchandising System.™

It's a unique system that combines our real estate marketing expertise with *Better Homes and Gardens* vast knowledge of the home to show you how to enhance your home from a *buyer's* perspective.

Then, to reach buyers and to help sell your home quickly, easily and at the best possible price, we'll use our proven Home Marketing System.™

Any questions? Call your local *Better Homes and Gardens* membe firm or 1-800-274-76

SOLD

Better Homes and Garden

NOBODY KNOWS HOMES BETTER.®

Each firm independently owned and operated. Availability of services may vary. ©Copyright 1990 Meredith Corporation.

HOW TO ORDER

SUNFLOWERS



Great looking sunflower projects on page 131 and 132 create a feeling of summer all year long. For stenciled projects like the armoire, order our **Sunflower Stencil Set** containing four pre-cut, full-size acrylic stencils and complete instructions. To duplicate the sewing projects, order our **Sunflower Quilt and Sunflower Applique' Pillow Pattern Set** which contains full-size patterns and complete instructions for both projects.



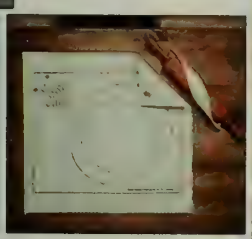
Use a ***Better Homes and Gardens®*** Project Plan to make our great wooden sunflower projects. This professional-quality woodworker's blueprint includes *full-size* cutting patterns, lists of materials, construction tips, and complete, step-by-step instructions for the **Sunflower Firescreen** (shown above and on page 134) and the **Sunflower Whirligig** (at left and on page 134).

GREAT FOOD FOR FAMILY REUNIONS

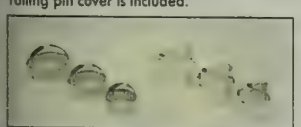


Create your own reunion cookbook with our ***My Recipe Collection***. This loose-leaf binder with sturdy dividers and index system is ready for you to fill with your family's favorite treats. Recipes remain safe, organized, and easy to find. Ring-bound, 142 pages, and includes ***Better Homes and Gardens®*** tested preparation tips.





Our **Pastry Shortcut Set** (above left) includes two pastry brushes with natural bristles plus a stainless steel pastry blender. All items have hardwood handles. The **Gourmet Stay-Put Pastry Cloth** measures 22 x 23-inches and is manufactured from heavy cotton duck with hemmed edges. Featuring *patented* built-in suction cups, the cloth is printed with pie circles. A cotton knit rolling pin cover is included.



This **Biscuit Cutters Set** includes a set of three scalloped-edge cutters (2", 2½", and 3") and a set of three straight-edge cutters (2", 2½", and 3"). Stainless steel.



This **Meat Mallet** is a durable, heavyweight specialty tool suitable for tenderizing many types of meats.

A PASSION FOR PERENNIALS



Duplicate the look of the wonderful perennial gardens shown on pages 67 to 70 with these garden collections selected especially for the readers of ***Better Homes and Gardens®*** magazine. Our **Double Peonies Collection** includes one each of Festiva Maxima (white), Sarah Bernhardt (pink), and Karl Rosenfield (wine red). *The Peonies Collection will be shipped only between October 15, 1990 and November 15, 1990.* Our **Daylilies Collection** includes one each of Apricot Beauty (apricot orange), Crestwood Lucy (soft pink, green throat), Big World (creamy yellow), and Signal (brilliant red). *The Daylilies Collection will be shipped between September 15, 1990 and November 15, 1990.* Our **German Iris Collection** includes two each of Spekew (rich blue), Lemon Mist (golden yellow), Vitafire (mahogany red), and Loop de Loop (purple and white). *The Iris Collection will be shipped between August 15, 1990 and November 15, 1990.* Our **Combination Collection** includes one Sarah Bernhardt Double Peony (pink), three Daylilies (mixed colors), and three German Iris (mixed colors). *The Combination Collection will be shipped only between October 15, 1990 and November 15, 1990.*



Better Homes and Gardens® New Garden Book is a handy reference containing all the information and advice necessary for even the least skilled of gardeners. Features of the book include 405 full-color photos of plants close-up and in garden settings; plant hardiness zone maps for the 48 contiguous states; complete gardening basics; step-by-step illustrations and how-to photos showing how to select, locate, plant and care for flowers, trees, shrubs, grasses, vines, vegetables, fruit trees, and houseplants; 66 pages of charts; and 100 pages of plant portfolios. Hardcover, 384 pages.

ARTFUL ARBORS



Frame a view, define a garden path, or create an elegant entry with an arbor like those shown on pages 57 to 62. Choose from ***Better Homes and Gardens®*** Project Plans for **Very Victorian Bench and Arbor** (page 57), **Romantically Rustic Arbor** (page 58), **Simply Elegant Arbor and Gate** (page 58), **Bountiful Bower Arbor** (page 58), **Great Gateway Arbor** (page 62), **Crowning Glory Arbor** (page 61), or **Country Classic Fence, Arbor, and Benches** (page 62). All ***Better Homes and Gardens®*** Project Plans include detailed drawings, lists of materials, construction tips, and complete step-by-step instructions.

Send check or money order to:

Name _____

Better Homes and Gardens BUILDING

Dept. 2MA, Box 374
Locust at 17th
Des Moines, IA
50336

Address _____

City _____

State _____ Zip _____

Page	Description	Qty.	Price	Total
SUNFLOWERS				
132	**No. 11626** Sunflower Stencil Set		$9.95	
131, 132	**No. 01560** Sunflower Quilt and Sunflower Applique' Pillow Pattern Set		$8.95	
134	**No. 50886** Sunflower Firescreen and Sunflower Whirligig Project Plan		$8.95	
A PASSION FOR PERENNIALS				
67-70	**No. 09231** Double Peonies Collection (Ships 10/15/90 to 11/15/90 only)		$14.99	
67-70	**No. 09232** Daylilies Collection (Ships 9/15/90 to 11/15/90)		$14.99	
67-70	**No. 09233** German Iris Collection (Ships 8/15/90 to 11/15/90)		$14.99	
67-70	**No. 09234** Combination Collection (Ships 10/15/90 to 11/15/90 only)		$14.99	
	No. 16325 *Better Homes and Gardens® New Garden Book*		$24.95	
ARTFUL ARBORS				
57-62	**No. 50853** Very Victorian Bench and Arbor Project Plan		$7.95	
57-62	**No. 50877** Romantically Rustic Arbor Project Plan		$5.95	
57-62	**No. 50851** Simply Elegant Arbor and Gate Project Plan		$7.95	
57-62	**No. 50852** Bountiful Bower Arbor Project Plan		$5.95	
57-62	**No. 50854** Great Gateway Arbor Project Plan		$5.95	
57-62	**No. 50856** Crowning Glory Arbor Project Plan		$7.95	
57-62	**No. 50841** Country Classic Fence, Arbor, and Benches Project Plan		$8.95	
GREAT FOOD FOR FAMILY REUNIONS				
	No. 16134 *My Recipe Collection*		$16.95	
89-95	**No. 31265** Pastry Shortcut Set		$9.99	
89-95	**No. 31256** Gourmet Stay-Put Pastry Cloth		$14.99	
89-95	**No. 31326** Biscuit Cutters Set		$7.99	
89-95	**No. 31055** Meat Mallet		$8.99	

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia and Washington.

****Shipping and Handling:**

For orders up to $10.00	$2.15
$10.01 to $20.00	$3.00
$20.01 to $30.00	$3.75
$30.01 to $50.00	$4.35
Over $50.00	$4.75

CREDIT CARD ORDERS SPEED DELIVERY!
Fill in the lines below or CALL TOLL FREE 800-678-2672.

Credit Card No. _____

Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

SHOP BY MAIL

NOBODY BEATS OUR PRICES ON WINDOWS & WALLCOVERINGS!!

LEVOLOR® & del mar

MINI-BLINDS 75% OFF RETAIL



VERTICAL BLINDS 75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS OR FREE!

Call Us for Prices on All Brands of:
- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

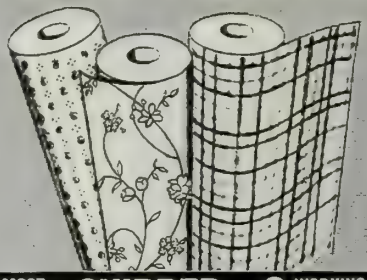
COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING

35% to 75% OFF

ALL THE NATIONAL BRANDS!



MOST ORDERS SHIPPED IN 3 WORKING DAYS

Instant Price Quote on All the National Brands!
- All First Quality
- Special Case Discounts
- Call Us With Book Name and Pattern Number

FREE UPS SHIPPING NO SALES TAX (OUTSIDE MI)

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262

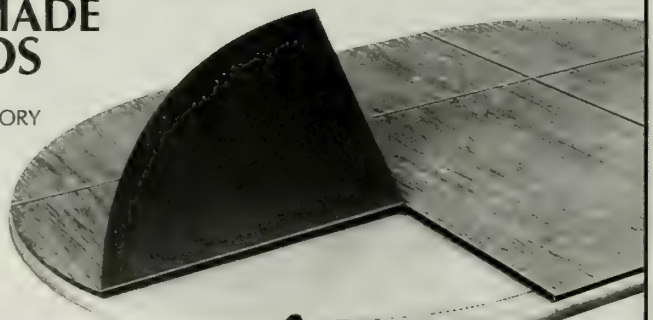
AMERICAN BLIND & WALLPAPER FACTORY

28237 ORCHARD LAKE RD. • FARMINGTON HILLS, MI 48018
WEEKDAYS: 8:30-9:00 P.M.—SAT. 8:30-6:00 P.M. E.S.T. ©1989 A.B.W.F.

CUSTOM MADE TABLE PADS

BEST PRICES
DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.



1-800/328-7237
Ext. 210

1170 Stella St., St. Paul,MN 55108
©-89 (612) 646-6778—Ext. 210

Sentry® TABLE PAD CO.
SINCE 1911

LEVOLOR® BLINDS

1" MINI-BLINDS... UP TO 75% OFF

GUARANTEED LOWEST PRICES!!

CUSTOM ORDERED VERTICAL BLINDS
(Fabrics - Vinyl - Aluminum)
PLEATED SHADES • DUETTES • REAL WOODS

WE SELL ALL SIZES!! ALL BRANDS!!

TO ORDER CALL TOLL-FREE
1-800-677-9090

ADVANCED CONSUMER PRODUCTS
P.O. BOX 95 • GARDEN CITY, MI 48135-0095

ASK ABOUT OUR GUARANTEE!

National Wholesale Wallcovering

★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!

WALLPAPER

NEW! LOWER PRICES! EVERY BOOK AND PATTERN

75% OFF!

ALWAYS UP TO...

★ EXCLUSIVE "DON'T GET STUCK" RETURN POLICY
★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!
★ BUY ALL TOP BRANDS at National Wholesale

1-800-631-9341

★ FAX ORDER OR INQUIRY-1-800-526-9037

YOU CAN CHARGE IT!

PO Box 396 Ledgewood, NJ 07852

BH&G Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence.

BY ARLENE AVILES



PET SAFETY BELT

Ensures your pet's sa ty in a moving vehic Nylon vest fast around pet; str secure to the car s belt. Nothing is n pet's throat. You freed from distracti Adjustable in width. Easy to buckle and remc Specify size. XS (1-15 lbs.), S (15-25 lbs.), M (25 lbs.), L (60+ lbs.). Order #Q38-0118, $23.70 p PEDIGREES...THE PET CATALOG, Box 9 BHPP, Brockport, NY 14420.



TWO FAMOUS FARMERS

Warming hearts in rural homes across the cour Thousands of the large (14"X18"), full-color pos have been ordered across the U.S. $3.95 + $ shpg. Also Avail. 14"X18" Wall Plaque of our color poster, mounted on a wood base, then se with acrylic for a quality finish that'll last a lifet $12.95 + $3.45 shpg. HOLST INC. Dept. BHP- 1118 W. Lake, Box 370, Tawas City, MI 48764.

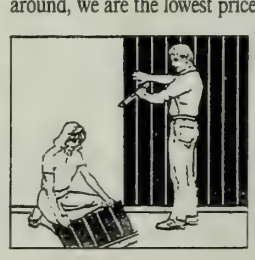


MINI BLINDS

Mini blinds avai direct from the facto 75% off retail. We gua ship your national b in 5 days or they're FI For info. call NATI AL BLIND FACT at 1-800-477-8000.

WALLPAPER AT THE LOWEST PRICES

Our goal for over 75 years has been the same wallpaper at prices lower than anyone else. Con ously, customers tell us that after they have sho around, we are the lowest price. Call & compar prices on wallc ings. First qual good service is MARY'S COUNT W PAPER, 111 Lansdowne nue, Lansd PA 19050. 1-800-521-339.





BLIND FACTORY OUTLET

top name brand blinds—Levolor, Graber, ar, Bali, Hunter Douglas, Louver Drape and more—at discounts of up to 80%. Now we are ng the savings of vast buying power of our retail to our mail order customers. Choose from min-cros, verticals, pleated shades, & Duettes. Call for a FREE price quote. 1-800-233-4488. THE D FACTORY OUTLET.



OUNT WALLCOVERING

st selection of wallcovering at discounts. Shop one way. Never undersold–all brands–free de- Shop in your neighborhood, write down pat- umber & book. Then call in order. SILVER LCOVERINGS, WINDOWS & BLINDS, 3001-15 Kensington Avenue, Philadelphia, 134. Toll-free 1-800-426-6600.



LE YOUR MICROWAVE SPACE

ou can heat two or more dishes at the same prepare a complete meal all at once! hink, no more cold dinners! Legs fold flat lf converts to an attractive serving trivet— easily, too! Dishwasher safe; 11"X9½"X4" egs extended. Recipe book included. Order Micro-Cooking Shelf, $6.99 postpaid, ER DRAKE, BH20 Drake ,Bldg., Colorado s, CO 80940.



CT FIT FOR EVERY FOOT

r sandal with two fully adjustable buckle Cushiony insole and 1 1/4" leather-covered Made in U.S.A. Colors: white, black, beige el. Full & half sizes: 6-10, 11N; 5-10, 11M; W. Yours now for only $19.99 (Reg. $27.00). 2.50 p&h (1 pr.), $3.50 (2 pr.), $4.25 (3 pr.). back guarantee. Major credit cards ac- OLD PUEBLO TRADERS®, Dept. A, Palo Verde at 34th, P.O. Box 27800, , AZ 85726-7800.

1" MINI BLINDS
SHIPPED IN 7 DAYS

CUSTOM MADE
1" Mini Vinyl from $12!
1" Aluminum from $15!
PVC Verticals from $42!
Free Shipping On Most Items

Also
• Levolor • Kirsch • Del Mar • Louver Drape

SUPER SAVINGS ON
WALLPAPER

CUSTOM WINDOWS & WALLS
32525 STEPHENSON HWY. MADISON HGTS. MI 48071
1-800-772-1947
Or 1-800-777-7747

Discount Wallcovering
Blinds - Verticals
"Never Undersold"
ALL BRANDS - FIRST QUALITY
FREE DELIVERY
NO SALES TAX (OUTSIDE PA)
SHOP IN YOUR NEIGHBORHOOD
Write down
Pattern Number/Book
Then Call
FREE* 2 rolls selected books *Buy 10 — Get 2 Rolls Free per pattern MENTION COUPON
SILVER WALLCOVERING BLINDS • VERTICALS
3001-15 Kensington Ave. • Phila., PA 19134
VISA 1-800-426-6600 USA - CANADA

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more. **Please call toll free: 1-800-876-6123,** 24 hours a day, 7 days a week.

Satisfaction guaranteed.

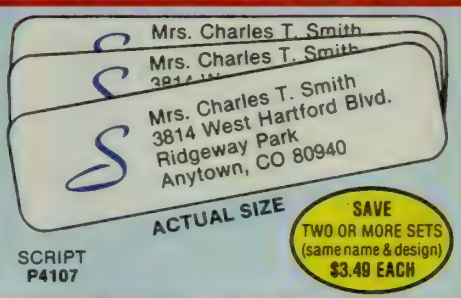
☐ **PLEASE SEND FREE CATALOG.**

Name_____
Address_____
City_____
State_____ **Zip**_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 5580, Stockbridge, MA
01262

Personal Design ADDRESS LABELS from Walter Drake®

SELF-STICKING... YOUR CHOICE OF COLORFUL DESIGNS! It's fun to express yourself with one of these 22 design labels! Choose from a monogram in royal blue, a cheerful yellow butterfly, a bright red heart, a green palm tree, or more! Snowy white self-stick labels personalized in black (except flag, which is blue). Print up to 4 lines, 26 letters and spaces each. Set of 250 labels, 2¼" x ⅝". Choose any design illustrated below, one design per set.
Set of 250 Labels (same design) **$3.98**



SCRIPT P4107

BUTTERFLY P1089	OUTLINE P2140	APPLE P2141	PAW PRINT P2142	SAILBOAT P2143	GOLFER P2144	MOUNTAINS P2145
PALETTE P2147	PINES P4108	GLOBE P3139	ORNATE P4105	HEART P4112	SEWING P2146	GULL P4106
HORSE P4118	ROSE P4114	FISH P4117	PALMS P4109	CLEF P4119	FLAG P4120	PRAYER P4153

Walter Drake® 3058 Drake Building, Colorado Springs, CO 80940

NAME_____
ADDRESS_____
CITY_____
STATE_____ ZIP_____

Satisfaction Guaranteed
Thank you for your order!

Item#	Qty.	Name of item	Price
		Colorado residents add 3% sales tax	
		Add 40¢ per set shipping & handling	
		TOTAL ENCLOSED (check or money order)	

STOP BY 111

LOWEST PRICES

BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DUETTES / MICROS / 1" MINI / VERTICALS
REAL WOODS / PLEATED
FREE UPS SHIPPING NO. 1 IN CUSTOMER SERVICE
TEXAS FRIENDLY SPOKEN HERE
PREMIER BLIND COMPANY
CALL TOLL FREE FOR INFORMATION & PRICE QUOTES
1-800-441-1288
FAX 409-542-1382
317 E. HEMPSTEAD GIDDINGS, TEXAS 78942

ALWAYS FIRST-QUALITY
Top-Brand Wallpaper
Save up to 75%
• Any book or pattern.
• No tax outside Pa.
• Any fabric and border.
• Shop, then call with book name, pattern number.
FAST! Same-day processing.
FREE! Shipping. Except Alaska and Hawaii.
ALSO Top-Brand Carpet & Rugs
Mon., Tues., Fri.: 9–9
Wed., Thurs., Sat.: 9–5:30
1 800 252-5060
BENINGTON'S™
1271 Manheim Pike, Lancaster, PA 17601

CANNON®
T200 LUXURY PERCALE SHEETS, FLAT & FITTED- ALL SIZES/COLORS
UP TO 80% OFF
• Same Day Processing
• First Quality – No Seconds... EVER!
TO ORDER, CALL TOLL-FREE
1-800 677-9090
ADVANCED CONSUMER PRODUCTS

Victorian Gingerbread



GREAT FOR THE COUNTRY LOOK!
Prompt Shipment Satisfaction Guaranteed
ILLUSTRATED CATALOG by return mail $2.
VINTAGE WOOD WORKS
Solid Wood/Use In or Out
Buy Direct & Save!
513 S. Adams, #1870
Fredericksburg, TX 78624

WHOLESALE WALLCOVERINGS
CALL US WITH BOOK NAME & PATTERN NUMBER
36% to 50% OFF
MICROS • MINIS • VERTICALS • PLEATED
BLINDS
UP TO 70% OFF
FREE SHIPPING NO SALES TAX (excl. N.J.) BHG
TOLL FREE 1-800-338-4882
HEADQUARTERS WINDOWS & WALLS
8 Clinton Place, Morristown, NJ 07960



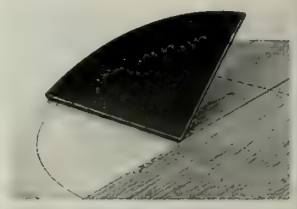
'I saved 65% buying carpet from S&S Mills!'
"Buying direct from S&S was easy. Their customer service staff was very helpful and my shipment arrived right when they said it would. And because S&S uses only premium quality branded fibers like DuPont Stainmaster® and Scotchgard® stain resist by 3M, I knew the carpet I selected would be of the highest quality. . . I was right."
Ann Vaughan, Homeowner, Indianapolis, IN
Call for FREE carpet samples and a brochure.
1-800-848-8114 ext. 98
MasterCard VISA
We Deliver Quality Carpet for Less
2650 Lakeland Rd., Dalton, GA 30720



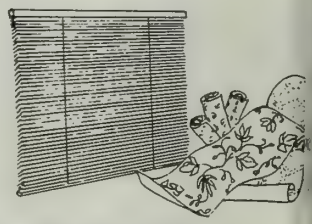
MAKE PERFECT SWAGS & BISHOP SLEEVES IN A FLASH
Make One Simple Straight Hem On Each End - And It's Ready To Hang
COMPLETE INSTRUCTIONS INC.
$19.00 pair (inc. shipping)
PA Residents Add 6% Tax
2-3 weeks delivery
MARDALE HOME FASHIONS
Dept. AA, P.O. Box 641
Boyertown, Pa. 19512



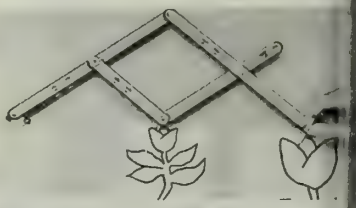
For women 5'4" and der. Petite sizes 2 women's petite waist s 30-42. Wide selectio name brands. Le waist and hips care tailored for perfect Shoes styled for p sizes. Intimate app Satisfaction guaran Send for FREE color log and $2 bonus co good on first o UNIQUE PETITE®, Dept. CCA2, Palo Verd 34th, P.O. Box 27800, Tucson, AZ 85726-7800.



GUARD YOUR TABLE AND SAVE!
With custom table pad direct from Sentry Tabl Co.—America's oldest and largest manufac Factory direct savings on the finest quality fc style pads. Washable vinyl top and soft felt Firm bills on a courtesy basis after you receive table pad. No advance deposit or C.O.D. req 15-year factory guarantee. 1-800-328-7237 ext SENTRY TABLE PAD CO., 1170 Stell St. Paul, MN 55108.

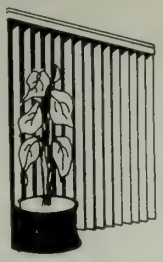


WALLCOVERINGS AND BLINDS
All major manufacturers at wholesale price can save up to 50% off on 1st quality wallcov fabrics and borders. Just call with manufa book and pattern number. Custom made mini, or vertical blinds and pleated shades up to 7 retail prices. Call toll free to order: 800-33 HEADQUARTERS WINDOWS AND W 8 Clinton Place, Morristown, NJ 07960.



MAKE CRAFTS, PATTERNS, PICTURES, "ANY SIZE"
The Pantograph can copy designs that can be craftwork or any picture. Excellent for patte signs, maps, portraits, still life, etc. All you do the point on the image you wish to enlarge or Then just follow the lines as pencil end auton reproduces outline in exact proportions, $ $1.50 postage. NORTON PRODUCTS, BHG890, Box 2012, New Rochelle, NY 108

FREE. LIFE TIME GUARANTEE. We are
stablished factory-
company commit-
quality & service.
ree designers sample
s you buy in the con-
ce of your home.
toll free: 1-800-642-
(ext.4), or write
AROUND THE
DOW 326 N. Ston-
t Avenue, Suite 204,
ville, MD 20850.



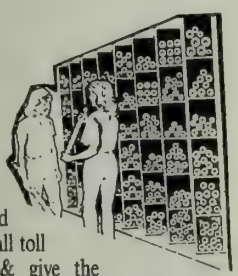


6 WEEK SWEAT CONTROL

Treatment with electronic DRIONIC® keeps areas dry for 6-week periods. Try doctor recommended Drionic for unequaled control with 45-DAY MONEY BACK GUARANTEE. Thousands prescribed by doctors. $125 ea. pr. (specify underarms, s, feet). GENERAL MEDICAL CO., Dept. -110, 1935 Armacost Ave., Los Angeles, CA 5. MC/Visa–1-800-HEAL DOC.

idden
ges

a decade of the
t Direct to
umer Whole-
Prices & same
computer pro-
g, has given us
1,000,000 satisfied
nal customers. Call toll
1-800-631-9341 & give the
& pattern number. Free delivery anywhere
U.S.A. NATIONAL WHOLESALE WALL-
ERING, Rte. 10, Ledgewood, NJ 07852.





©1990 A.B.F.

MINI-BLIND

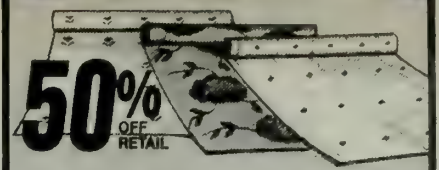
Order custom-made window treatments direct from the factory and save up to 75% off retail! Mini-blinds, vertical blinds, wood blinds and pleated shades! Guarantee shipment of American Blinds in 5 working days. For your FREE information call 1-800-735-5300. AMERICAN BLIND
'ORY, 28237 Orchard Lake Rd., Farmington
MI 48018.

NTRY CURTAINS BALLOON
'AIN TRIMMED WITH IRISH LACE

cotton/50% polyes-
Natural or white.
36" long x 64" wide,
panel; 48" lg. x 84"
5 a panel; 60" lg. x
, $102 a panel; 72"
4" w., $120 a panel.
in U.S.A. Add $7
er order. Free 64 pg.
cat. COUNTRY
'AINS, Dept. 5820,
ridge, MA 01262.



WALLCOVERINGS



50% OFF RETAIL

Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!

FREE SHIPPING WITHIN 3 DAYS!

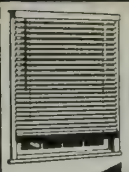
CALL TOLL FREE
1-800-627-0400
with pattern number and book name

Style Wallcovering

"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"

VISA P.O. Box 52128 • Livonia, MI 48152

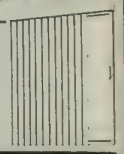
LEVOLOR



1" MINI BLINDS **75% Off Retail**

LOWEST PRICES GUARANTEED

CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM



SHIPPED IN **5 DAYS** OR THEY ARE **FREE!**

VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES

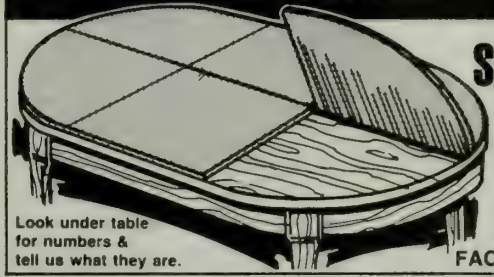
NATIONAL BLIND FACTORY

CALL TOLL FREE 1-800-477-8000

400 GALLERIA #400 • SOUTHFIELD, MI 48034

PROTECT Your Treasured Dining Table With CUSTOM FIT **TABLE PADS**

ASK ABOUT FREE LEAF SPECIAL

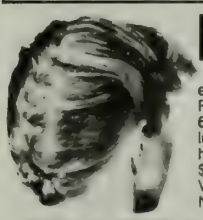


Look under table for numbers & tell us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase

UNBELIEVABLY PRICED FROM
$29.95 For Quality Pad Any Normal Size
COMPARE AT 99.95
Guaranteed up to 20 years - MC/VISA

TOLL FREE 1 (800) 428-4567
FACTORY DIRECT TABLE PAD COMPANY



BRAID Aid

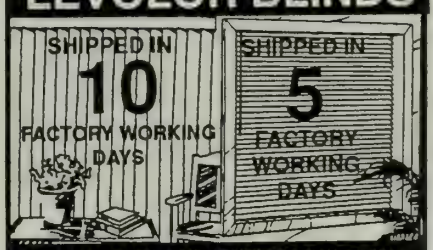
Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-423, Box 2012, New Rochelle, N.Y. 10802.

GET PAID FOR READING BOOKS

$50-$100 PER BOOK. CHOOSE SUBJECT MATTER. NO RESUME REQUIRED.
FOR FREE INFORMATION WRITE:
CALCO PUBLISHING (Dept. D-36)
500 South Broad St., Meriden, CT 06450

©CALCO, INC. 1990

Lowest Prices! LEVOLOR BLINDS



NOBODY BEATS OUR LEVOLOR PRICES ON...
1" MINI BLINDS ✦ VERTICAL BLINDS ✦ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ✦ WOOD MINI BLINDS ✦ PLEATED SHADES

WE ALSO FEATURE: KIRSCH : LOUVER DRAPE : DEL MAR :HUNTER DOUGLAS DUETTE : VERTICALS :PLEATED SHADES : WOOD BLINDS :SPECIALTY SHADES : TOPPERS

FAMOUS MAKER MINI BLIND—FREE VALANCE—ON SALE NOW!!

Width → / Length ↓	19 to 23	23+ to 26	26+ to 29	29+ to 32	32+ to 36	36+ to 40	40+ to 44	44+ to 48	48+ to 52	52+ to 57	57+ to 62
To 42"	14	17	18	19	21	23	25	26	28	31	33
42+ to 48	16	18	19	21	23	25	27	29	30	34	36
48+ to 54	17	20	21	23	25	27	29	31	33	37	39
54+ to 60	18	21	23	24	27	29	31	33	35	40	42
60+ to 66	19	22	25	27	29	31	32	36	38	43	45
66+ to 72	21	24	26	29	31	33	35	38	40	45	48
72+ to 78	22	25	28	30	32	35	37	40	43	48	52

SIZES TO 102W X 108H CALL FOR WELLS' LOW PRICES

CALL OR WRITE FOR A PRICE QUOTE OR FREE 48-PAGE BUYERS' GUIDE
1-800-547-8982
WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7171 AMADOR PLAZA ROAD, DUBLIN, CA 94568
• 16 OTHER CONVENIENTLY LOCATED CALIFORNIA & OREGON STORES



At Last A Cap Organizer!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the patented clip. Hang one for everyday use, and order several for your cap collection. Great gift idea.

Set of two 5-clamp Cap Racks (each 16" long)
Reg. $11.95—Now for limited time, **ONLY $9.95** + $2.45 p&h.
Two sets of two 5-clamp Cap Racks Only **$18.95** + $2.85 p&h.

Single 10-clamp Cap Rack (33" long) **Reg. $11.50—Now** for limited time, **ONLY $9.50** + $2.45 p&h.
Two single 10-Clamp Cap Racks Only **$18.50** + $2.85 p&h.

Send Check or MO. 20 day money back guarantee.

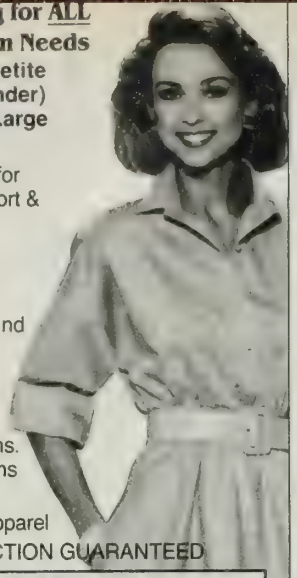
HOLST, Inc. Dept. BHO-890, 1118 W. Lake Box 370, Tawas City, MI 48764

STORE BY MAIL

The Catalog for ALL Your Fashion Needs

Misses, Petite (5'4" & under) Half and Large Sizes

- Fashions for Dress, Sport & Leisure
- Shoes in Regular and Hard-to-Find Sizes in Narrow, Medium, Wide & WW Widths. Some Slims available.
- Intimate Apparel
- SATISFACTION GUARANTEED



FREE COLOR CATALOG
and $2 bonus coupon

Name _____

Address _____

City _____

State _____ Zip _____

OLD PUEBLO TRADERS
Dept. HKY1, Palo Verde at 34th
P.O. Box 27800, Tucson, Arizona 85726-7800

©Copyright 1990, Old Pueblo Traders

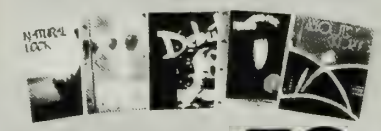
WALLCOVERING
Every Book & Pattern
Never Undersold
Free UPS Delivery
UP TO 75% OFF

WAVERLY FABRICS UP TO 50% OFF

LEVOLOR BLINDS 68% OFF
Also Delmar, Bali, Graber, HunterDouglas

NATION WIDE
1-800-537-WALL

WE DO WALLCOVERINGS.



Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to... 50% OFF RETAIL

SMART FEATURES
- Free UPS shipping!
- Most orders shipped within 3 days!
- Absolute lowest prices guaranteed!

CALL TOLL FREE 1-800-677-0200

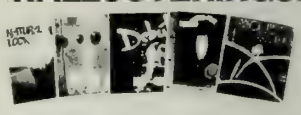
SMART WALLCOVERINGS "Where a smart shopper is our best customer."



223 VACATION HOME DESIGNS

An outstanding selection of vacation & second home designs. 176 pages, 120 pages in full color! Over 60 illustrations. A-frames, chalets, hexagons, one-story, two-story & hillside designs—plus lodges. From 480 to 3,238 sq. ft. Construction blueprints avail. $5.95 ppd. HOME PLANNERS, INC., Dept. BHE08, 3275 West Ina Rd., #110, Tucson, AZ 85741.

WE DO WALLCOVERINGS.



SMART WALLCOVERINGS

Smart Wallcoverings does one thing & we do it right! That's why we can discount every wallpaper pattern seen anywhere up to 50% off! Plus, Smart features free shipping within 3 days & the lowest prices guaranteed! Toll free 1-800-677-0200.



SHOP AT HOME

Decide on your wallpaper selection, call NationWide Wholesaler TOLL FREE with book name, pattern number & amount of rolls desired: 800-537-WALL (In NJ call 201-342-0110) for instant price quote. All first quality. FREE UPS Delivery. NATION-WIDE WHOLESALER, P.O. Box 40, Hackensack, NJ 07602.



THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ Send your FREE color catalog

Name _____

Address _____

pedigrees The Pet Catalog
Box 110, BH 140, Spencerport, N.Y. 14559

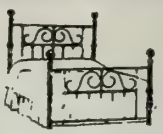
WALLPAPER
FREE DELIVERY
NO SALES TAX (outside PA)
MASTERCARD/VISA
CALL WITH BOOK & PATTERN #

33 - 75%

MARY'S DISCOUNT PAPERS
FAMILY BUSINESS SINCE 1925

1-800-521-3393

BRASS BEDS



BRASS BED

In keeping with the American Tradition of pride and workmanship, Yorktowne Brass Beds has assembled a collection of solid, heirloom-quality brass beds at direct factory prices. Send $4 for 18 page color catalog. Write to: YORKTOWNE BRASS BEDS, 2445 S. Queen St., York, PA 17402.

BALI Levolor Graber Duette by HunterDouglas DEL MAR

BEST BLIND PRICES IN AMERICA!

FREE DESIGNER SAMPLE KIT

Actual aluminum color samples. Actual fabric samples. This kit could save you hundreds. Call for yours today!

Shop Wholesale At Home! Lifetime Guarantee!

5 Working Day SHIPPING OR IT'S Free!

FROM OUR FACTORY

MINIS VERTICALS PLEATED



Dealer Inquiries Welcome!

UP TO 76% OFF! suggested retail price

1-800-642-9899 Ext.4

326 N. Stonestreet Ave. / Suite 204
Rockville, MD 20850

around the window



WALLCOVERING

Every pattern in every book is now 50% off depending on volume! The more you buy...The more you save! Free shipping within 3 days! "We don't inflate the retail price and we guarantee to beat all prices!" For info. call STYLE WALLCOVERING at 1-800-627-0400.

Distributor is closing out inventory of high quality Australian lamb's wool dusters avail. in four sizes from 20" to 60" & including a single & double extension for those hard to reach areas. Fine lamb's wool product picks up & holds dust like magnet. Limited Supply—while they last. 20" wand ($4.99); 29" wand ($5.99); 30" to 40" extending ($6.99); 31" to 60" extending ($8.99). P&H $1. Order 2 or more & we ship free. Write: WELLS INTERIORS, INC., 7171 Amador Plaza, Dublin, CA 94568.



SLIPCOVERS!

An affordable alternative to re-upholstery. Give your home an "instant face lift" with custom-look slipcovers at ready-made prices. Send for free color catalog featuring a wide selection of all the newest designs and colors in prints and solids. We offer complete line of coordinated decorator look accessories. SLIPCOVERS OF AMERICA, Dept. ED-968, Box 590, Bethlehem, PA 18016.



DISCONTINUED CHINA, CRYSTAL, & FLATWARE PATTERNS

Complete sets of china, crystal, & flatware become heirlooms, treasured by families for generations. When you add to your settings, immediate values are enhanced. World's largest inventory of discontinued patterns in bone china, earthenware, crystal, sterling, silverplate, & stainless. Write: REPLACEMENTS, LTD., 302 Gallimore Dairy Road, Dept. GB690, Greensboro, NC 27409-9723. Or call 919-668-2064.

PINTCHIK HOMEWORKS

Pintchik Homeworks famous in New York since 1912 for service and selection now offers the lowest prices and unsurpassed service on Custom Levolor, Bali, Graber Duette, Louverdrape, Verosol, Del Mar and Hunter Douglas Window Coverings. Call now for your free ordering kit. PINTCHIK HOMEWORKS, 1-800-847-4199. In New York, (718) 996-5580.



CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide
Here's a sampling of our mini blind prices

L \ W	15"-23"	26"	29"	32"	36"	40"	44"
21"	$8	$10	$11	$13	$15	$17	$19
42"	11	13	14	16	18	20	23
48"	14	15	16	20	22	24	28
54"	16	18	19	23	26	28	30
60"	19	22	23	25	28	30	32
66"	20	23	24	27	30	32	34

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®

Mini Blinds

COMPARE OUR PRICES TO ANYONE.

3 DAY BLINDS

LIFETIME GUARANTEE

TOLL FREE 1•800•966•3DAY

Ask For Your FREE Ordering Kit • VISA and MasterCard Accepted

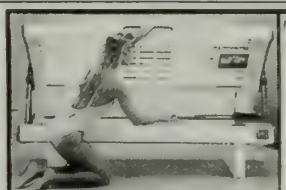
3 DAY BLINDS, INC. Anaheim, California — Prices subject to change

HOROSCOPE

LOVE, SUCCESS, HAPPINESS
1-900-370-9000

TAROT

ANSWERS ALL QUESTIONS
1-900-370-9090
$2 FIRST MIN., $1 EACH ADD.



TAN AT HOME!
Home & Commercial
WOLFF Tanning Beds
BUY DIRECT
SAVE UP TO 50%!
Call Today for FREE Color Catalog and Wholesale Pricing!
1-800-228-6292

FACTORY DIRECT
Low as $25/mo

ADJUSTABLE BEDS

- Doctor Recommended
- Electric Hand Control
- Adjustable Beds, Chairs

SAVE 67%

AMERICAN HEALTH MFG., Dept. BH
P.O. Box 16287, Baltimore, MD 21210
For FREE Brochure & Prices
CALL 1-800-835-2246 ext. 74



REPLACEMENTS, LTD.

A Million Pieces!
Active and Discontinued China, Crystal and Flatware

To Buy or Sell:
Call (919) 668-2064, or write:
302 Gallimore Dairy Rd., Dept. GB80A
Greensboro, NC 27409-9723
(SASE Please)

Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape

BLINDS UP TO 80% OFF

Micros • Minis • Verticals • Duettes

WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

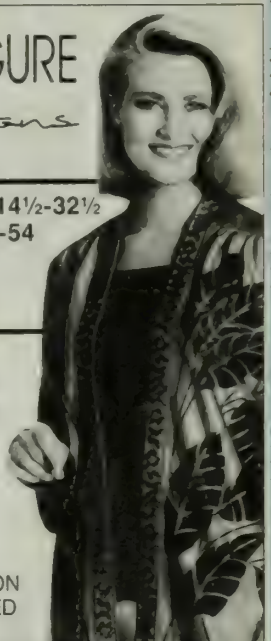
FREE UPS Shipping

FREE PRICE QUOTES
Call Today For Discounts On Any National Brand

No Sales Tax Outside N.Y. State

THE BLIND FACTORY OUTLET
1-800-233-4488

FULL FIGURE fashions



HALF SIZES 14½-32½
WOMEN'S 36-54
SELECTED MISSES 10-20

- FASHIONS AND SHOES . . . WIDE SELECTION AND NAME BRANDS
- INTIMATE APPAREL
- SATISFACTION GUARANTEED

FREE COLOR CATALOG and $2 bonus coupon

Name _____
Address _____
City _____
State _____ Zip _____

Regalia™ Dept. AXW6, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726-7800

40 EXPRESS PHOTOS ONLY $2.50



BRIGHTEST COLORS ★ BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x7"
- ★ 8 Wallets & Four 5"x7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

TRUE color photos on KODAK paper. Speedy service with computer accuracy. Send any photos or instant prints up to 8"x10" or negatives or slides. (returned) Add 95¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order.

GIANT COLOR Enlargements ★ 1 Custom 20" X 30" $7.95 ★ 2 Custom 16" X 20" $8.95
For postage and handling, Add $1.95 per giant Enlargement Offer

Guaranteed. Encl. check or M.O. with ret. address, send to:

For Rush EXPRESS PHOTO™ Service add $2.

RELIANCE COLOR LABS, INC.
Studio E14-8 Box 1000
Swansea, MA 02777

ADVERTISEMENT



Four Seasons® designs the kitchen you've always wanted.

Make any room big and bright with a Four Seasons sunroom or patio room. Professionally installed or save big and do-it-yourself with our pre-assembled sections.

Call or write for a FREE BROCHURE or remodeling catalogs, only $10.00. Visa or MasterCard accepted.

CALL FREE 1-800 FOUR SEASONS (1-800-368-7732)

FOUR SEASONS SOLAR PRODUCTS CORP.
5005 Veterans Memorial Highway, Dept. A8
Holbrook, NY 11741

Over 270 independently owned and operated franchised locations worldwide.

FRANCHISE OPPORTUNITIES AVAILABLE!

FOUR SEASONS™
Design & Remodeling Centers

GREENHOUSES • SUNROOMS • PATIO ROOMS
WINDOWS • DOORS • SKYLIGHTS

Outdoor Living...Indoors™

©1990 Four Seasons Solar Products Corp.



WHITE GOOSE DOWN COMFORTERS

Heavenly white goose down comforters maintain a balance of coolness and warmth in perfect harmony with your body's temperature in every season year around! Wholesale-direct savings on every style, but only one quality...the finest. From just $79.00 twin. For brochure and ordering call: 1-800-888-DOWN. HEAVENLY DOWN COMFORTERS, 14 Pamaron Way, Novato, CA 94949.



KEEP KIDS OUT OF CABINET DOORS & DRAWERS

With 6 self-locking catches, 2 latches limit openings, 1 slide-lock joins double-doorknobs/handles, 3 doorknob covers kids can't turn, 24 guards cover outlets to prevent electrical shock, 8 clear corner cushions to soften bumps, etc. Order #7230, Child Safety Kit, $9.98, 2/$18.98. Add $1.75 p&h. LILLIAN VERNON CORP., 510 South Fulton Avenue, Mount Vernon, NY 10550.



PREVENT DAMAGE TO FLOWER BEDS, GARDENS AND SHRUBS!

No more kinks, tangles or tripping over the hose. To use, just insert into ground to direct water where it's needed. Keeps walkways clear and safe. Smooth gliding action prevents hose from being hung up by rocks or sharp corners. Grass-green color makes them unnoticeable! High-impact plastic, 10" steel shafts; set of four. Order A2304, Hose Guides, set of four, $11.99 Ppd. WALTER DRAKE, BH07 Drake Building, Colorado Springs, CO 80940.

Wallpaper / Blinds 99% OFF?

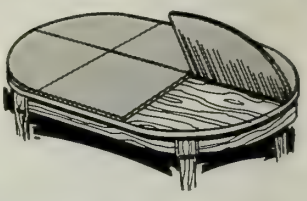
WHICH COMPANY SHOULD YOU BUY FROM?

- We are a neutral agency with one goal in mind...help the consumer choose the right mail order company!
- No matter what the product, we can give you helpful information that will save you time and money!

CALL 1-900-988-0500
NATIONAL CONSUMERS HOTLINE
$2.00/call



Window Express blinds–out of our factory in seven days–amazing prices! Also savings on window treatments (pleated shades, verticals, micros, etc.) by Levolor, Del Mar, Kirsch and Louver Drape. Free info. from CUSTOM WINDOWS & WALLS, Dept. BHG890, 32525 Stephenson Highway, Madison Heights, MI 48(or call toll free 1-800-772-1947 or 1-800-777-7747



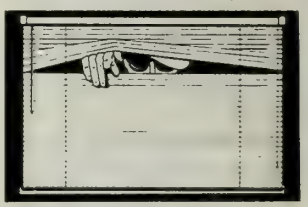
CUSTOM TABLE PADS

Protect your treasured dining table with a qual custom table pad. Once in a lifetime offer by orderi now! Save up to 70%. Unbelievably priced from or $29.95 any normal size; compare at $99.95. Pa have washable, heat-treated vinyl tops, insulating f bottoms, fold for easy storage. Has 5-year factc guarantee. FACTORY DIRECT TABLE PAD C U.S. call 1(800)428-4567.



WIND DIRECTION AT A GLANCE

This splendid Crowing Rooster weather va will add the finishing touch to your home, garag farm or ranch. The weather vane is made of durab metal with baked vinyl coating. The arrow 23" long; the support is 27" high. Makes a love gift for any homeowner. Send just $19.95 + $3.(postage. Also available in horse motif. HOLST INC Dept. BHV-890, 1118 West Lake, Box 370, Taw City, MI 48764.



BLINDS, BLINDS, BLINDS

Bali Blinds, Louver Drape verticals and shade Hunter Douglas and Verosol—save up to 75% on custom-made mini, micro, vertical blinds, pleate shades and Duettes. #1 in customer service—fre UPS shipping in 48 states. Call for free colc samples. 1-800-441-1288. PREMIER BLINI COMPANY, 317 East Hempstead, Gidding TX 78942.

UP TO **80** % OFF Dept Store Price Lists

VERTICALS DUETTES MINIS

All national brand names all types of window coverings call with brand names, pattern name & color ● 6 days a week M-F 8 to 8 Sat 10 to 3

800-877-8590
THE BLIND WORKS
No sales tax outside NJ

VISA MASTERCARD

FREE UPS SHIPPING

THE SMART SHOPPERS CHOICE

VAN BOURGONDIEN'S

Gorgeous Spring Flowers

AT FANTASTIC PRICES

Rushed To You Field-Fresh From Holland!


Fire Red Tulips


Asiatic Lilies

Bargain Offers To Make New Friends

Van Bourgondien offer these fantastic bargain-priced specials to make new friends. You will find listed below seven specials at up to 50% savings. And, these bulbs are all fine quality . . . guaranteed to bloom this coming spring . . . imported Dutch bulbs to give you lovely spring flowers from March into June. Order early, mid and late blooming bulbs for continuous spring floral display . . . but, order now with discount coupon below, we will rush your bulbs to you in early fall at proper planting time.

This fantastic offer expires December 1


Mixed Daffodils

All Guaranteed To Bloom!

See Special Offers Below

Van Bourgondien Bros.
Box A-4331, Rt. 109, Babylon, NY 11702

SEND FOR
Free Catalog
Full color garden book of over 1000 imported bulbs and plants.




Giant Hyacinths


Darwin Tulips

SAVE UP TO 50%


Giant Daffodils

7 Spring Flowering Specials

MIXED DAFFODILS—Color mix of lovely daffodils and narcissus to bloom April-May. . . . . #4946—10/$2.00; #4947—30/$5.00

FIRE RED TULIPS—Giant fire red Darwin Hybrid tulips 24" tall, bloom April-May. . . . . #4902—10/$2.00; #4903—30/$5.00

SNOW CROCUS—Delightful early bunch-flowering crocus in March-April. Mixed colors. . . . . #4900—18/$2.00; #4901—54/$5.00

ASIATIC LILIES MIXED—Color mix of red, yellow, orange, pink, white; bloom July-August. . . . . #4800—4/$2.00; #4801—12/$5.00

GIANT DAFFODILS—King Alfred. Large golden yellow trumpet daffodils in May. . . . . #4922—10/$2.00; #4923—30/$5.00

DARWIN TULIPS—Mixed colors of famous Darwin tulip varieties. Huge blooms, April-May. . . . . #4932—10/$2.00; #4933—30/$5.00

GIANT HYACINTHS—Mixed colors of vivid reds, blues, yellows. Fragrant, bloom in May. . . . . #4920—4/$2.00; #4921—12/$5.00

Add $2.00 for shp. & hdlg. charge


Snow Crocus

DISCOUNT COUPON

VAN BOURGONDIEN BROS.,
Box A-4331, Babylon, NY 11702

Offer Expires Dec. 1

Send me "bargain-specials" checked below.

☐ Send me your Free Catalog.

Check Items Below For Purchase

Mix Daffodils	☐ #4946-10/$2	☐ #4947-30/$5
Fire Tulips	☐ #4902-10/$2	☐ #4903-30/$5
Snow Crocus	☐ #4900-18/$2	☐ #4901-54/$5
A. Lilies Mix	☐ #4800- 4/$2	☐ #4801-12/$5
G. Daffodils	☐ #4922-10/$2	☐ #4923-30/$5
Darwin Tulips	☐ #4932-10/$2	☐ #4933-30/$5
G. Hyacinths	☐ #4920- 4/$2	☐ #4921-12/$5

Add $2.00 for ship. & hdlg. chg.

Encl. $_____ or, charge to my credit card

☐ MasterCard ☐ Visa ☐ American Express

☐ Diner's Club Expire Date_____

Card # _____

EXTRA BONUS DISCOUNTS

☐ Orders $9.00 to $17.99 ..... 5% Discount
☐ Orders $18.00 to $26.99 ... 10% Discount
☐ Orders $27.00 to $35.99 ... 15% Discount
☐ Orders $36.00 and over .... 20% Discount

Name_____

Address_____

City_____

State_____ Zip_____

New York Residents Add Sales Tax

THE MAN NEXT DOOR

AUGUST 1990

■ "A lawyer," laughs attorney Emily Warren, "is a person who can produce a 25,000-word court motion and call it a brief."

■ I wonder if detectives ask for "just the fax, ma'am" these days?

■ A philosopher, says Ken Floyd, is a baseball coach who's just been fired.

■ At our regular Saturday morning coffee gathering, we were having a discussion on when accidents are most likely to happen. "Judging from when I get the calls," said Dr. Bob Hannelly with conviction, "it's during my dinner hour."

■ Sue Hawkins finally convinced her husband, Tom, to start mall walking with her for exercise. "But," she complains, "the frequent rest stops are killing our budget."

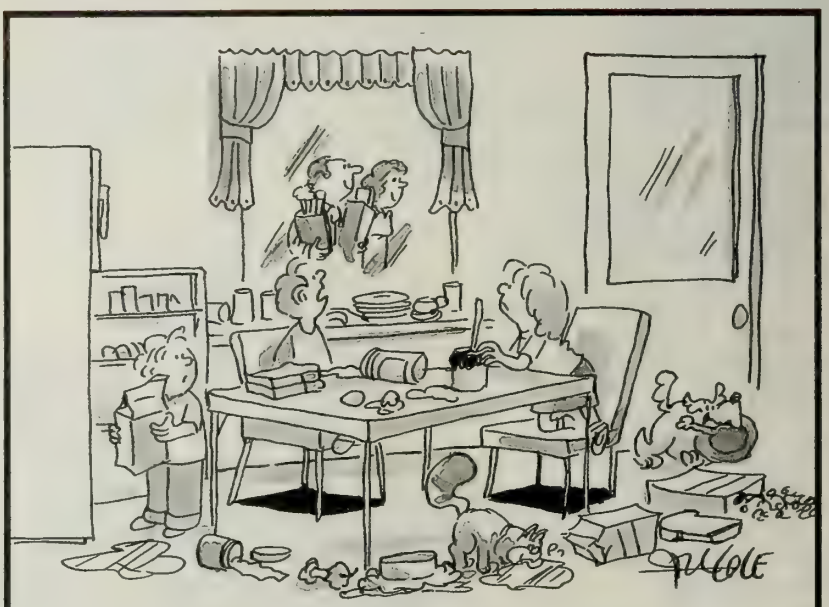
■ "Sometimes it seems," said the Rev. George Hall last Sunday, "that the milk of human kindness disappeared about the time the dairies stopped making home deliveries."

■ Ever the grump, Ned Carter suspects that someone must program those labeling machines to plaster address labels over the most interesting part of magazine covers.

■ Why does it always seem that the final pickup for the mailbox you're using was five minutes ago?



"Sure I've heard of Pearl Harbor. I just can't remember what group she sings for."



"Act casual!"

■ Representative Nick Hanfli is surprised that any films get made these days, what with all the movie stars boosting their causes before Congress.

■ "The whole world is turning toward democracy. Maybe it's time to try the idea out at the Hillis house," Burt, Jr., suggested when I ordered him to wash the car.

■ Newspaper editor Earl Reeves says readers have always disagreed with the political opinions voiced in his paper. "But today," he notes, "they are as likely to be talking about the comics page as the editorial page."

■ Our town got off to a bad start in trying to finance a new garbage recycling plant when a rumor got around that we'd be issuing junk bonds.

■ Uncle Dodd Buckner says recycling is a concept that goes back to his childhood, except back then they called it wearing hand-me-downs.

■ After watching me feast on Sunday dinner at Grandma and Grandpa Hillis's, Chris asked them how they ever convinced me to go away to college.

The whole family had great fun last month spending two weeks together at the lake. The fish were biting, and our meals, taken al fresco, were matters of delight and surprise. (We took turns cooking, and the rule was that the chef was boss—no questions asked.)

What did everybody like most about it? Christine enjoyed the restful afternoons spent reading beside the lake. Rosemary thought seeing the sunrise every morning was great. Judy liked hearing the bullfrogs croaking around the lake's edge every night. Burt, Jr., surprised us all, though.

"I enjoyed finding the philosopher's stone," he smiled.

"What's that?" I asked.

"The philosopher's stone," Burt, Jr., said mock seriously, "it's the stone you feel under your sleeping bag every night, and it causes you to lie there and gaze at the stars and ask, 'What the heck am I doing here?' "

Burton Hillis

BETTER HOMES & GARDENS
990 September

HOME OF THE

3 9042 02349974 9

Better Homes and Gardens®

SEPTEMBER 1990

Quick!

WHAT'S FOR DINNER?

Easy spur-of-the-moment meals

LANDSCAPING

Making a barren yard beautiful

ROOM ARRANGING MADE EASY

page 93

$1.75

BURLINGAME
AUG - 6 1990
LIBRARY

*21C*******CAR-RT-SORT**CR30
11-BRLPRM-480995 9N
SEP90 ED 09424 02
BURLINGAME PUB LIB AGN
480 PRIMROSE RD
BURLINGAME CA 94010









The country kitchen's going continental. Its decor may include influences that range from the hedgerows of England to the steppes of Russia.

Floral Trellis, the newest pattern in the Solarian® Supreme Collection of Armstrong floors, is fashionably at home in this eclectic environment.

The way its ivy motif and gentle pastels blend with this room's Old World treasures and Laura Ashley fabrics and wallcoverings shows why it's the perfect complement to the rich continental flavor brewing in some of America's most exciting kitchens.

For the name of your nearest Armstrong Floor Fashion Center® retailer, call 1 800 233-3823. Ask for Dept. Ashley. Or write: Armstrong, Dept. Ashley, P.O. Box 3001, Lancaster, PA 17604.





RMSTRONG
UTS THE HEIGHT OF FASHION
IGHT AT YOUR FEET.

Armstrong
so nice to come home to™





Original Blend™



Original Blend™
Naturally Decaffeinated



Gourmet Roast™



Gourmet Roast™
Naturally Decaffeinated



Colombian
Select™

All you need is some good company, good coffee, and a vivid imagination. Let us take care of the coffee. Taster's Choice® is a gourmet blend of rich premium beans that is freeze dried. And freeze dried coffee is superior because it retains more flavor and aroma than any other instant coffee.

What's more, there are five ways to enjoy the rich, full taste of Taster's Choice.

Original Blend: all the flavor and aroma of a superior blend—also in naturally decaffeinated. *Gourmet Roast:* an extra rich and robust blend, also naturally decaffeinated. And *Colombian Select:* half the caffeine, but all the flavor of 100% Colombian beans.

Only Taster's Choice is good enough.™

TABLE OF CONTENTS

SEPTEMBER 1990; Vol. 68 No. 9

ON THE COVER

21 Landscaping *Making a barren yard beautiful*

67 Our Award-Winning Home of the Year

93 Room Arranging Made Easy

123 Quick! What's for Dinner?
Easy spur-of-the moment meals

BETWEEN FRIENDS

10 Editor's Letter

16 Family Network® *Our readers offer solutions to family problems*

174 The Man Next Door®
Writes about family, friends, and neighbors

GARDENING

21 Landscaping *A barren backyard brought to life*

28 Gardener's Almanac
The sweet rewards of fall gardening

FAMILY MATTERS

EDUCATION

35 Back-to-School Almanac
A-plus ideas for students of all ages

HEALTH

44 Fitness Matters *Ideas and inspiration for workouts*

52 Brief Therapy *Fast relief for troubled people*

56 Health Update *Medical news you can use*

60 Cholesterol Testing
How to get results you can live with

62 Too Sick for School?
Guidelines for parents, plus sick-care options

TRAVEL

153 Mexico *Enticing historical cities, Indian pyramids, and beaches lined with palm trees*



Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. SEPTEMBER, 1990. Vol. 68, No. 9.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.

FREE!



24 colorful pages of window and patio door facts.

This colorful booklet will be helpful whether you're building a new home, remodeling or replacing windows. It features photos and explanations of Andersen windows, patio doors and roof windows. As well as information on basic sizes, energy facts and more. To learn more, see your Andersen dealer (in the Yellow Pages under "Windows").

For your free booklet, call 1-800-255-2550 toll free. Or mail this coupon to Andersen Corp., Box 12, Bayport, MN 55003.
I plan to ☐build ☐remodel ☐replace.

Name 002-0990

Address

City State Zip

( ) Phone

Come home to quality. Andersen ™

88013 © 1988 Andersen Corp.



CONTENTS

FOR YOUR HOME

BUILDING

67 **Home of the Year**
1990 Innovations in Housing contest winner

INTERIOR DESIGN

93 **Room Arranging Made Easy**
Ideas to make any space live the way you need it to

CRAFTS

101 **Fresh from the Farm**
A collection of corny creatures and country crafts

121 **Tips, Tools, and Techniques** *Cleaning tips*

ENVIRONMENT

151 **Mega-Mileage Cars** *Put a gas miser in your garage*

GOOD FOOD

46 **Good Food, Good Health**
How to pack a low-fat lunch

123 **The New Pantry**
20 ingredients for today's streamlined cooking

140 **How to Use Nutrition Information**

140 **Win Money for Your Recipes**

143 **Prize Tested Recipes®**
Pasta Favorites, Anytime Snacks

148 **Kiwi Lime Pie** *A favorite reader recipe*

SHOPPING

90 **Buying Guide**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

91 **Directory of Architects and Designers**

163 **How to Order** *Special offers, project plans, and kits featured in Better Homes and Gardens® magazine*

164 **Shopping Editor's Choice**

172 **Home and Family Information Guide**

For service on your subscription, including change of address, write to **Better Homes and Gardens®** *Customer Service Manager, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free* **1-800/678-2666**.

WE CARE!



© The American Tobacco Co. 1989.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Filters 100's: 16 mg. "tar," 1.3 mg. nicotine;
Lights 100's: 9 mg. "tar," 0.7 mg. nicotine;
Menthol 100's: 11 mg. "tar," 0.9 mg. nicotine;
Ultra Lights 100's: 6 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

Now The Change Of Life Doesn't Have To Change Yours.

Today, the change of life doesn't mean you have to feel "middle-aged" just because you're going through menopause. Throughout the menopausal years you can, and should, expect to be free from the symptoms that can disrupt your life.

Estraderm:

The Enlightened Approach To Menopause

Menopause isn't "all in your head." The hot flashes, the night sweats that can cause insomnia, and vaginal dryness all have a very real, physical cause: the loss of your body's estrogen. Estraderm® relieves menopausal symptoms by replacing that estrogen in a natural and revolutionary way: through your skin.

Estraderm Works The Way Your Body Does

Estraderm is a clear, round patch that delivers small, steady doses of natural estrogen similar to the way your ovaries did before menopause: directly into your bloodstream. It is the same estrogen your body produced and because you don't ingest it, Estraderm bypasses your liver and your stomach. Estraderm is easy to apply and stays put during bathing.



What To Ask Your Doctor About Estraderm

Estraderm is being used safely and effectively by millions of menopausal women. To learn whether it would benefit you, here are some questions you might want to ask your doctor:

Q: Is the Estraderm Patch right for me?



© 1989, CIBA 109-5720-A

Q: What are the benefits of Estraderm?

Q: Can Estraderm help relieve vaginal dryness?

Q: How long will I need to wear The Patch?

A Free Menopause Information Pack

The pharmacists and physicians at CIBA have compiled the latest information about your health during menopause. To receive it free, call 1-800-521-CIBA, or send the coupon.

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK MAIL TO CIBA, PMSI STA., P.O. BOX 13217, BRIDGEPORT, CT 06673-3217

1-800-521-CIBA

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BH-02

ESTRADERM®

ESTRADIOL TRANSDERMAL SYSTEM

available in 0.05 mg. and 0.1 mg. strengths.

For brief summary information on Estraderm, see next page.

ESTRADERM®

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be d continued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with i paired liver function and should be administered with caution such patients.
10. Because the prolonged use of estrogens influences the m tabolism of calcium and phosphorus, estrogens should be use with caution in patients with metabolic bone diseases ass ciated with hypercalcemia and in patients with ren insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may b affected by estrogen-containing oral contraceptives. The fo lowing changes have been observed with large doses of or estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, I and X; decreased antithrombin 3; increased norepinepl rine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to i creased circulating total thyroid hormone (T_4) as measure by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentr tion is unaltered; TBG was not affected in clinical trials Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentra tion, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is recei ing estrogen therapy when relevant specimens are submitted

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and syntheti estrogens in certain animal species increases the frequency carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursin mothers should be done only when clearly necessary sinc many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential ad verse effects on the fetus, induction of malignant neoplasms increased incidence of gallbladder disease, and adverse e fects similar to those of oral contraceptives, includin thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site This occurred in about 17% of the women treated and cause approximately 2% to discontinue therapy. Reports of rash hav been rare.

The following additional adverse reactions have been re ported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting change in menstrual flow; increase in size of uterine fibromyo mata; change in cervical erosion and amount of cervica secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps bloating; cholestatic jaundice have been observed with ora estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contac lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm² system contains 4 mg of estradiol USP for nominal* deliv ery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-2310-08
Carton of 6 Patient Calendar
Packs of 8 Systems .....NDC 0083-2310-62
Carton of 1 Patient Calendar
Pack of 24 Systems .....NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system)—each 20 cm² system contains 8 mg of estradiol USP for nominal* deliv ery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-2320-08
Carton of 6 Patient Calendar
Packs of 8 Systems .....NDC 0083-2320-62
Carton of 1 Patient Calendar
Pack of 24 Systems .....NDC 0083-2320-24

*See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

Printed in U.S.A. C88-23 (Rev. 8/88)

CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

109-9527-A

"WHEN I SEE MY EX-HUSBAND, I HAVE THIS SECRET TRICK I PLAY ON HIM..."

by Leslie McClennahan

Did you ever notice that when you're fat, men don't look you in the eye? They look across your shoulder. There's no eye contact.

My name is Leslie McClennahan. I'm a real person. I live near Goose Creek, South Carolina. Up until two years ago, I was never looked in the eye. By anyone.

I was too tired to be a lover to my husband. I was falling asleep by 8 o'clock most evenings. When I did go out for an evening, my husband was ashamed of me. And said so to my face. When I walked, my thighs brushed together. I couldn't even cross my legs. I was fat. Not just "overweight." Fat. I was 5'5" tall and weighed 205 pounds.

About 18 months ago, my husband Darrell left a "Dear Leslie" letter on my dresser. And filed for divorce.

I went for counseling. I knew that my weight was the source of my troubles. But I'd tried 14 different diets. One by one. And I failed at all of them.

My counselor listened carefully and recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians—specialists who treat the severely obese. The program itself was developed by Robert Johnson, M.D. of Charleston, South Carolina.

I entered the program on October 2nd. Within the first four days, I lost only three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 193 days, I went from 205 pounds to 124 pounds. To me it was a miracle. This was the first time in my life I'd ever lost weight *and kept it off!*

The reason the program worked was simple. I was *always* eating. I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching T.V.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour cycle. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a negative caloric process that continues all day long... a complete 24-hour fat-burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces—plus your favorite snacks. Even some light wine or beer if you wish.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, The Charleston Program has been used by 207 doctors in the U.S. and Canada to treat more than 62,500 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too...

- ▷ There are no amphetamines. No drugs of any kind.
- ▷ No pills. No powders. No chalky tasting drinks to mix.
- ▷ There's no strenuous exercise program.
- ▷ You don't count calories. Just follow the program. It's easy.
- ▷ There are no daily charts or records to keep.
- ▷ You eat foods you enjoy. Great variety. Great taste.
- ▷ You can dine out.
- ▷ There's much less fluid retention.
- ▷ There's no ketosis. No bad breath odor.

But *here's* the best part...

Once you lose the weight, you'll *keep it off*. Permanently! I guarantee it!

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Charleston Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some *other patients* from South Carolina who entered Dr. Johnson's program with me.

Marie C. is a 42-year-old woman who went from 167 to 139 pounds in just three and a half months.

> *As I got into the program, I began to feel better, to develop more energy. Now my husband has trouble keeping up with me—in every way! I'm proud of my new body.*

Dr. Karl D. is a 36-year-old man who went from 275 to 145 in only *six months*!

> *...words cannot describe how good I feel. I'm not hungry or tired at all. I feel alive again!*

Fran H. is a 52-year-old woman who went from 223 to 135 in five months.

> *The world treats you differently when you're fat... not just the social world, but the business world. My whole world has changed since getting those 88 pounds off!*

Josette C. is a 33-year-old woman who went from 165 to 119 in four months.

> *My husband has started looking at me the way he did before we got married. He's starting to show jealousy when other men look at me or want to talk to me... it's wonderful.*

And then there's *me*.

Whenever I see my ex-husband, I have this secret trick I play on him. I know a restaurant where he goes with some of his "buddies." I love to go there with a date—I have plenty now—stroll past his table and whisper, "Hello, Darrell."

I know through the "grapevine" that his friends often ask about me... Who am I?... Am I single? And he has to tell them. I love it.

Obviously I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Johnson has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 35 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even post date it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days—and continue losing weight—we'll promptly return your *original uncashed check*. No delays. No excuses.

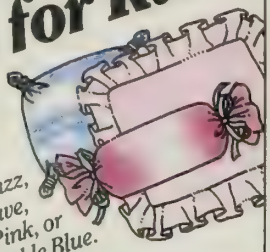
Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and post-dated check for $9.95 to The Charleston Program, c/o Green Tree Press, Inc., Dept. 837, 3603 West 12th Street, Erie, Pa. 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

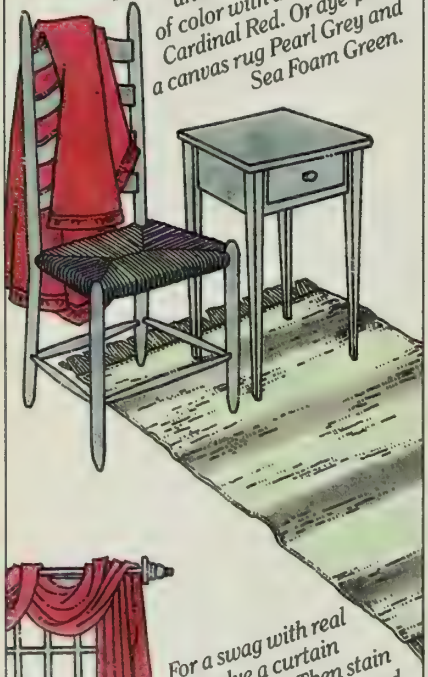
© 1989 Green Tree Press, Inc.

Want the latest looks? Go for Rit!

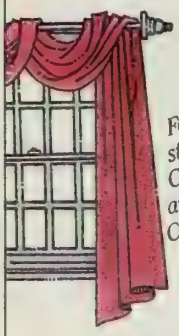


For pillow pizzazz, ombre-dye Mauve, over-dye Rose Pink, or twist-dye Periwinkle Blue. It's easy.

Design your own country classics. Dye-stain unfinished furniture Country Blue and Pearl Grey to create an 'antique' look. Add a burst of color with a blanket dyed Cardinal Red. Or dye-paint a canvas rug Pearl Grey and Sea Foam Green.



For a swag with real style, dye a curtain Cardinal Red. Then stain an unfinished wooden rod Country Blue. Perfect!





For a charming touch, dye-stain unfinished wicker baskets Dark Green and Peach.

For these and other Rit® Dye home ideas, write: Rit Dye, Dept. D26490, P.O. Box 2932, Young America, MN 55399-2932



© 1990 EPE International

EDITOR'S LETTER

SEPTEMBER 1990



BILL STITES

DECISIONS, DEADLINES, DELAYS, AND DETERMINATION

Dear Readers,

My wife and I are planning an addition to our house—a modest project compared to what we show monthly in this magazine. But, already, the process is driving us both a little nuts. There's the worry about the cost, the hassle of getting someone to do the work, and, worst of all, the endless decisions. What kind of flooring? Which brand of windows? Do we want new appliances, and if so, which kind and where do we want them installed?

This little episode in our lives has made me appreciate, more than ever, the work of our Building Department editors. Each year, they supervise the planning and building of at least three major projects—a big remodeling, a super-duper kitchen, and our annual Innovations House, which you'll see in this issue, beginning on *page 67.*

The Building Department editors pass the Innovations House project around from year to year, and this year it fell heavily on the shoulders of Bill Nolan (left above). Right from the beginning, the stress level was high. The house was to be built in Atlanta, in time for the National Association of Home Builders annual convention, known as the Builders' Show. We planned house tours, press parties, and a gala reception before the plans were off the drawing board.

Of course, just about everything went wrong that could go wrong, starting with the bankruptcy of the builder's parent company. The partially finished house sat for more than a month while another builder was recruited to finish it. Then came all the usual setbacks that happen when things are done in a hurry. And, in the last days before completion, the rains came, unseasonably and in torrents.

Bill Nolan almost wore a groove in the sky between Des Moines and Atlanta, and I'm sure he did permanent damage to his telephone ear. Senior Interior Design Editor Bob Dittmer (right above) came in for his share of grief as he planned the interiors around the building delays. The final blow for him came when the rains prevented the pouring of the driveway, which in turn stalled furniture delivery. Bob and Associate Editor Becky Jerdee had one day instead of one week to move in all the furniture.

Bill, Bob, and Becky smiled through it all, exhibiting great patience and perseverance. And, of course, the house turned out beautifully, was photographed on time, and was a great hit with everyone who saw it at the Builders' Show. I think you'll agree, too, that it's something special.

We sometimes ask ourselves why we take on these projects, but the answer is obvious; we want to show you the best in design and new products. To do that we must be totally involved with the projects from start to finish. Along the way, we get a wealth of experience to pass along to you.

David Jordan

David Jordan, Editor in Chief

Sherwin-Williams and Levolor present a window offer worth looking into.



ASK SHERWIN-WILLIAMS.℠

SAVE 55% ON LEVOLOR® VERTICAL BLINDS AND GET A FREE VALANCE.

If you'd like to have a better view of every window in your house, Ask Sherwin-Williams how to get Levolor vertical blinds at great savings. With over 1,900 stores, Sherwin-Williams is your one-stop decorating source for paint, wallcoverings, and window treatments. And now, you can get Levolor vertical blinds in a wide variety of colors and styles at 55% off their regular price. What's more, you'll also receive a free valance, up to a $150 value, with every purchase of Levolor blinds. So stop by Sherwin-Williams. And get a better view of your windows.

LEVOLOR

FREE LEVOLOR VALANCE WHEN YOU BUY LEVOLOR VERTICAL BLINDS FOR 55% OFF.

This coupon entitles holder to receive one Levolor valance FREE, up to a $150 value, for each purchase, on the same date, at the same Sherwin-Williams store, of a Levolor vertical blind for 55% off the regular price. See advertisement for details. Offer subject to availability. Offer good until 12/31/90. Coupon not redeemable for cash or credit. The Sherwin-Williams Company, 101 Prospect Avenue N.W., Cleveland, Ohio 44115. Coupon must be presented at time of purchase for discount.

SHERWIN WILLIAMS

© 1990. The Sherwin-Williams Company



Shown smaller than actual size of 10 inches high. Complete with miniature baseball.

©1990 The Ashton-Drake Galleries, 212 West Superior Street, Chicago, Illinois 60610-9948

"Michael"



Much to Daddy's delight, baby "Michael" already takes an interest in the All-American sport. Dressed in his new baseball outfit, "Michael" rolls the ball to Daddy. From his look of determination, we can just tell that "Michael's" a future superstar.

"Michael" is an original issue in the award-winning *Yolanda's Picture-Perfect Babies* collection by Yolanda Bello. Produced under the Knowles China Company hallmark, "Michael" represents the centuries-old tradition of classic character dolls that so often become cherished family heirlooms.

Quality Craftsmanship in Every Detail

"Michael" is meticulously handcrafted with head, arms, and legs hand-cast of fine bisque porcelain, expertly hand-painted to achieve the blushed complexion of an active little boy. His expressive brown eyes are hand-set, and his animated pose reflects his desire to play ball. "Michael" wears a traditional pinstriped baseball uniform over a long-sleeved T-shirt. His initial is sewn onto his cap and the front of his shirt, the number "1" is on the back; the baseball features hand-stitched seams. Each doll bears the signature of the artist, is hand-numbered, and comes with a matching numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* by the Ashton-Drake Galleries, these distinctive features have earned "Michael" the Standards' highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once a doll's edition is sold out, those who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued.

Of course not all dolls increase in value; values can go down. But a doll of exceptional artistry and craftsmanship—such as "Michael" with his Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Michael" is an original issue in the same prestigious Knowles collection as the exceptional closed-edition dolls in the chart below. "Michael" has similar credentials that make his potential for market success seem just as promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Michael" can be yours to cherish for only $63.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached reservation form. Hurry, "Michael" is issued in an exclusive hand-numbered edition. Once the edition closes, the molds will be destroyed and no more will ever be made, so order today.

Doll	Artist	Year of Issue	Issue Price	Auctioned Price*	Change
Knowles "Heather"	Yolanda Bello	1987	$48	$525	+$477
Knowles "Jennifer"	Yolanda Bello	1988	$58	$550	+$492
Knowles "Matthew"	Yolanda Bello	1989	$58	$200	+$142

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the April 22, 1990 auction. Other resale prices may vary.

THE ASHTON-DRAKE GALLERIES
212 West Superior Street
Chicago, Illinois 60610-9948

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
September 30, 1990

YES, please enter my reservation for "Michael" from the *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer. I understand that I need SEND NO MONEY NOW and will pay for "Michael" in three convenient monthly installments of $21.00* each, the first being billed before shipment of the doll.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Michael" to the Ashton-Drake Galleries within ***one full year*** after I receive him for a refund or credit of the full purchase price, including postage.

X _____
Signature

_____ ( ) _____
Name (please print) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $2.94 home delivery fee and any applicable state sales tax. Offer valid in the U.S. only. Please allow 4 to 6 weeks for delivery.

76118-D81234



It's Muttsy, part of the Wide, Wild World of Gund.
And you can getta Gund at all fine department, toy, gift and children's stores.
Gund, Inc., P.O. Box H, Edison, New Jersey 08818.

FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

I'm too old to mow my lawn, my yard worker passed away, and I couldn't find anyone who would do it. The young man next door mentioned that several people in the neighborhood had asked him to mow, but his mower was falling apart. I bought a new mower, told him to help himself for his lawn and the neighbors', and he's delighted to do mine when it needs it. He's making money and I'm getting my lawn taken care of.

Polly Thomas
Eaton, Ohio

Twice a year, the evening before a scheduled pickup by the borough, the people of my town place their large unwanted items (furniture, broken tools, appliances) at curbside. That same evening, the vans and pickups arrive. Flea market entrepreneurs, scrap-metal dealers, and people looking for something useful help themselves. When the borough truck arrives the next morning, there isn't much left to take to the landfill. Now, that's what I call recycling.

Sandy Harrar
Honey Brook, Pa.

One of the many fond memories I have of my grandmother is the summer she gave my sister and me snowballs to play with. She had collected them during a blustery Michigan winter and kept them in her freezer. I filled my freezer last winter, and brought them out for my little girls and their friends this summer.

Vivian Tisevich
Canton, Ohio

My toddler picked at her food, and the result was hunger between meals. Since I attached a small mirror to her high chair, she has enjoyed watching herself eat, and the snacking is over.

Renee C. Booth
Belleville, Ill.

The youngest of my five grown children was getting married, and, as is often the case nowadays, the families didn't know each other. So our family made a videotape of things we remembered about our son Chris. I wrote out the script after our other son and three daughters added their ideas. The taping took three hours one Sunday. We then had a funny tape of family remembrances for our son's bride-to-be and her parents.

Barbara J. Wagner
Palm Bay, Fla.

When one of my friends has a garage sale, she lets her daughter have a mini-bake sale (usually cookies and Kool-Aid). This keeps her daughter occupied *and* helps her with math.

Mrs. Connie Holden
Marcellus, Mich.

My preschool son cried every time I washed his hair, putting a lot of stress on both of us. I finally solved the problem by having him wear his swim goggles for the shampooing. I wish I'd thought of it sooner.

Louise Ballantyne
Salem, Ore.

My neighbor, who has two small get-into-everything children, found it nerve-racking to take them shopping. I'm a senior citizen who finds grocery shopping tiring. So we made an agreement: I give her my grocery list, and she leaves the children with me.

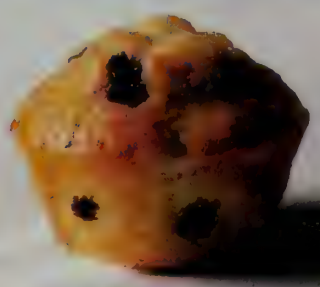
Ruth Schwartz
New York, N.Y.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

BIG TASTE

IN A BITE-SIZE MUFFIN!



NEW!

Hostess®

Mini Muffins

Now you can save 50¢ when you try New Hostess Mini Muffins! We've packed the luscious taste of real fruit and nuts into these bite-size muffins. New Hostess Mini Muffins come in three delicious varieties: Blueberry, Cinnamon Apple and Banana Walnut. And Mini Muffins are neat to eat so they are great for breakfast on the go. Check them out today, and leave the mess of big muffins behind!



50¢ MANUFACTURER'S COUPON | EXPIRATION DATE: 2/28/91 50¢

SAVE 50¢ on NEW Hostess® Mini Muffins



ONE Multi-Pack OR THREE Snack Packs

CONSUMER: Limt one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax.

DEALER OR AUTHORIZED CLEARINGHOUSE: You will be reimbursed for face value plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to Continental Baking Company, P.O. Box 12001, Mascoutah, IL 62224. Failure to comply with these terms; the submission by an unauthorized party; or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in U.S.A., A.P.O.'s and F.P.O.'s. Cash redemption value 1/20¢.

C4 15

5 45000 41000 3

© 1990, Continental Baking Company

©1990, Continental Baking Company

Better Homes and Gardens®

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Director
PAUL ZIMMERMAN
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Interior Design Editor ROBERT E. DITTMER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Associate Editor REBECCA JERDEE
Editorial Assistant SUSAN McBROOM

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Associate SCOTT R. TOLAN

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.; MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego; HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa; BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas; MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.; MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER, ROBERT KURTZ, CHRIS OGAARD, DEBRA SANDERS, NEIL ORNE, KAREN EVERETT, MATTHEW PETERSEN, RORI BERSE
Direct Response; Manager NICHOLAS L. DISTASIO Account Executive PATTI FOLLO
New Jersey: HAMILTON D. WEBSTER **Minneapolis**: RICK WHEELER **Atlanta**: Southern Manager JAMES J. SOMMERVILLE
Southeastern Manager KELTON LYONS **Chicago**: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY **Detroit**: Mideast Manager RICHARD MONLEY Account Executive: JANET DAVY
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL **Los Angeles**: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Business Manager TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents [illegible], Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. [illegible] Corporate Controller and Assistant Secretary LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens® Magazine, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $16. Add $12 a year for Canadian or foreign orders.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

1-800-678-2666

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

Virginia Slims remembers the only dates it was proper for a woman to ask for in 1914.





VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY.



The long, slim light made especially for you.

9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© Philip Morris Inc. 1990



We Don't Have A Bad Side.

No matter which side you look at – our Cheese Tortellini side or our Rice Pilaf side or our Spring Vegetables side or our Cheddared Potatoes with Broccoli side or our Ziti with Marinara side – you'll find a deliciously inventive side dish that'll make your main dish that much more special. In fact, we have so many good sides you may have trouble de-siding. In which case, you just may want to pick up three or four and forget your main dish altogether.

THE Budget GOURMET® SIDE DISHES

Expensive Food At Reasonable Prices.

The Budget Gourmet® is a registered trademark of The A. Ameri... Co.

BY DOUGLAS A. JIMERSON



PHOTOGRAPHS: PETER KRUMHARDT. DESIGN: TIM CLARK/LANDSCAPES BY DESIGN APPLICATION COUNTRY LANDSCAPES/AMES, IOWA



LANDSCAPING

A BARREN BACKYARD BROUGHT TO LIFE

For years we've been telling you that it's easy to revive an ailing yard with a little commonsense landscaping. To prove that claim, I worked with a local landscaper to improve my own ordinary backyard. Here's how we created a fresh new look.

continued on page 22



DECK APPLICATION: RANDY DAWSON/DAWSON CONSTRUCTION

Designer Tim Clark and I teamed up to create a landscape plan that would complement my towering two-story farmhouse.

After a few on-site consultations, Tim drew the complete landscape plan to scale and itemized cost estimates.

Sometimes you need someone objective to point out your landscape's weaknesses. That's why I asked designer Tim Clark to appraise my lot with a fresh eye.

When we first began putting our landscape plan together, I hadn't thought about modifying the back deck. I knew it wasn't the most attractive deck in the world, but it was structurally sound, so why tamper with it. Tim convinced me of the need for a dramatic face-lift.

Because the old deck posts were in good shape (and set in concrete), we decided to leave them intact and just replace the top 4 feet with Weyerhaeuser's Lifewood pressure-treated posts, spindles, and railings. We salvaged the old decking and blended the weathered wood with the new by painting the entire project with exterior polyurethane paint. We put up lattice panels to help keep the underside of the deck under wraps. A new staircase completed the project.

continued on page 24

RESTORING AN OLD DECK



Remove decking. Then, cut away the top 4 feet of the old posts and use a circular saw and chisel to cut a lap joint in the remaining stub. Combine the decorative rails, spindles, and newel posts.



Carefully align the new and old posts. When they're in place, drill holes through both posts and the first deck header. Secure with galvanized carriage bolts. Do this for each set of posts.



Replace decking. Consider these finishing touches: white lattice panels to camouflage the understructure of the deck and/or a coat of exterior polyurethane paint on the railing and spindles for color and interest.

Buying information, see page 90.

LANDSCAPING



Even *we* were surprised at the dramatic transformation a new railing and some paint made to the deck.

LANDSCAPING





Concrete pavers transformed my threadbare lawn into an inviting outdoor retreat. The pavers, which were very easy to work with, have the old-fashioned appeal of a cobblestone courtyard.

To minimize trampling by pets and kids, we wound a trail of stepping-stones through the largest planting bed. The stones were set slightly higher than the soil so the mulch wouldn't cover them.

When you design your own patio or deck, you'll want the project to complement, not compete with, your home's architectural style. In our case, we chose an informal curving design that reflects the casual nature of our rural location. A square or rectangular design would have accented the angular, boxy look of the house.

Choosing the right paving material is equally important. Brick is a common favorite, but it doesn't work well for curves. We used concrete pavers, which are as durable as brick, to accommodate the curving lines. These manufactured stones come in a wide variety of shapes, sizes, and colors and are surprisingly inexpensive.

Classico, the cobblestonelike pavers we chose, is just one of the styles available from UNI-GROUP U.S.A. and UNILOCK CHICAGO, INC.

continued on page 26

CONCRETE PAVER POINTERS



Excavate the area to be paved to a depth of 6 inches. Then, edge with wall stone, timbers, or other material. When the edging is installed, add 2 inches of sand and pack it down until level.



Set the concrete pavers on top of the sand, being sure they lie edge to edge. Gently tap each paver into place with a rubber mallet. Keep the sand level by using a narrow board to rake the sand level.



After all the pavers are in position, cover them with a thin layer of sand. Sweep away excess, letting sand fill the narrow spaces between pavers. Spray with water to settle the sand. Add more sand where needed.

Buying information, see page 90.

A BARREN BACKYARD

continued from page 25

When we landscaped our new patio, our goal was to select a variety of shrubs, trees, ground covers, and vines that would take turns providing color throughout the year. Here's the planting list that we developed.

For spring bloom we chose redbud (*Cercis canadensis*), serviceberry (*Amelanchier grandiflora*), dwarf Korean lilac (*Syringa patula*), and Burgundy Glow ajuga (*Ajuga reptans*).

Summer color is provided by Rosy Glow barberry (*Berberis thunbergi*), Golddrop potentilla (*Potentilla fruticosa*), alpine spirea (*Spirea japonica*), and wisteria vine (*Wisteria sinensis*).

Star performers in the fall include: dwarf winged euonymus (*Euonymus alata compacta*), amur maple (*Acer ginnala*), and compact cranberry bush (*Viburnum trilobum compactum*).

In the winter months Japanese yew and juniper keep things cheerful.

For additional color the small bed against the house is filled with bulbs in the spring, annuals in the summer, and chrysanthemums in the autumn.



Space shrubs to accommodate their mature size. We planted yews 3 feet from the patio and from each other.



Mulch inhibits weed growth and maintains soil moisture. We spread a 3-inch layer of shredded cedar bark around our plants.



The shrubs, trees, and ground covers we planted around our new patio fill three criteria: seasonal color, ease of care, and winter hardiness.



When you buy nursery stock, pick plants with bright, healthy foliage. Wilted leaves may indicate that the plants have not been receiving adequate care.

PHOTOGRAPHS PETER KRUMHARDT, PLANTS HINES NURSERIES

MONEY-SAVING LANDSCAPING TIPS

- **Watch for a fall clearance sale at your local nursery. It's a great way to buy quality plants at affordable prices.**
- **Don't buy plants with wilted foliage, broken branches, or uneven growth. Cheap plants aren't always a bargain.**
- **Buy younger trees and shrubs and be willing to wait an extra year or so for them to mature.**
- **Always use plants that are hardy in your climate. Species that are listed as "tender" in your area are probably not worth the effort.**
- **Salvage existing shrubs and incorporate them into your landscape plan. Even overgrown specimens can often be rejuvenated by careful pruning. Spirea, viburnum, barberry, privet, forsythia, and lilac are just a few of the many deciduous shrubs that will sprout new growth after being clipped.** BH&G



Look for GENESIS® Carpets which have earned the Good Housekeeping Seal.

Because you love color!

magine a carpet made for the love of olor. Color that won't be lost to any tain...or to the fading rays of the sun.

ENESIS® Carpet certified by Amoco esists every stain imaginable—hair ye, hot coffee, lipstick—stains other tain-resistant carpets can't. Not even leach and acne medicine can fade ne beauty of GENESIS. That's backed y the PermaColor™ Warranty. sk your dealer for details.



Stain after 60 seconds. Cleaned after 24 hours.

Call **1-800-5-GENESIS** for a free sample to test at home. Then visit a GENESIS dealer to see the carpet made for your love of color.

PermaColor BY AMOCO

FIVE YEAR STAIN AND FADE RESISTANCE LIMITED WARRANTY

AMOCO

Amoco Fabrics and Fibers Company

-70-B-1-90 © Copyright 1990 Amoco Fabrics and Fibers Company

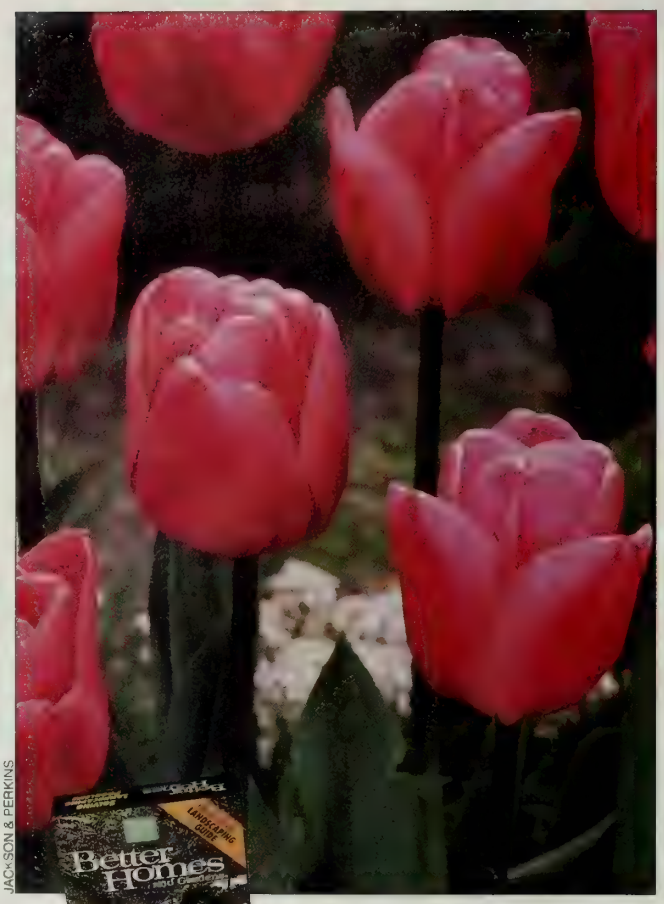
GARDENER'S ALMANAC

SEPTEMBER 1990

BY
DOUGLAS A. JIMERSON
AND
JANE AUSTIN McKEON

TRIUMPHANT TULIP

Jackson & Perkins 1990 Tulip of the Year, Peer Gynt is sure to be a hit in your spring garden. Growing 18 inches tall, this tulip shows off deep rose-pink blossoms that lighten to a silvery pink at the edges. Peer Gynt bulbs can be mail-ordered now for fall planting from Jackson & Perkins Co., Medford, OR 97501. Or call 800/292-GROW.



JACKSON & PERKINS



NEW VIDEO

With the new *Better Homes and Gardens® Solving Landscaping Problems* video, you can learn how to overcome common challenges like steep slopes, awkward entries, ugly foundations, overgrown shrubs, and much more.

To order the video, send check or money order for $22.95 to *Better Homes and Gardens®*, Dept. • 279893, Box 11430, Des Moines, IA 50336-1430. Or call 800/678-2699.

Photograph: Bob Calmer

GOOD NEWS FOR GARDENERS

GRASS IN A FLASH

You can create a lush, carpetlike lawn in record time with Minute Grass. Unlike conventional sod, Minute Grass is not pre-grown in soil. Instead, grass seed is mixed with bark containing natural resins. The lightweight strips install quickly and resist weeds. Minute Grass is available in 2 × 3-foot squares or 2 × 15-foot-long rolls. For more information, write: Minute Grass, 11685 Ventura Blvd., Studio City, CA 91604.

Photograph courtesy of Minute Grass, Inc.



PHOTOGRAPH MIKE MORELAND
REGIONAL EDITOR RUTH REITER

TEST GARDEN TIPS

HOW TO SWEETEN THE POT(ATOES)

A tip from the South

To sweeten the rewards of growing sweet potatoes, Roy Wyatt, our southern test gardener, advises harvesting the tubers before the first expected frost. "If the vines freeze, the flavor of the potatoes will be adversely affected," he says. "It's also important to avoid bruising or scratching the tubers when you're digging."

To prepare his sweet potatoes for winter storage, Roy cures the tubers in a warm, humid place for about two weeks. He then wraps each one in newspaper, packs them in a crate, and stores them at 55 to 60 degrees F.

Quality is Job 1.℠

Profile in Quality #19:
Continued Recognition.

For the second time this year, Ford Motor Company has been honored by prestigious Motor Trend Magazine. Motor Trend has named the 1990 4WD Ford Aerostar "the hands down winner" as the Truck of the Year. The Aerostar joins the 1990 Lincoln Town Car which was recently named Car of the Year by Motor Trend. Receiving these awards is further evidence that Ford's total commitment to quality is producing results. When Quality is Job 1—you don't do it any other way.



Ford, Mercury, Lincoln, Ford Trucks.
Our goal is to build the highest quality cars and trucks in the world.℠

Ford

FORD MOTOR COMPANY

uckle up—Together we can save lives.



© 1937, renewed 1965 Twentieth Century Fox Film Corporation. All rights reserved.
T.M. designates a trademark of Twentieth Century Fox Film Corporation



IF YOU'VE EVER SAID "I CAN DO THAT," NOW'S YOUR CHANCE.

If you're willing to work hard and believe in the importance of good customer service, you're well on your way to becoming a successful real estate agent. The rest comes from working with a company like Better Homes and Gardens® Real Estate. We'll provide you with some of the best tools in the business, including our proven Home Marketing System,™ to help you serve your customers better than anybody.

Turn your dedication to service into a professional and profitable career with *Better Homes and Gardens* Real Estate. Call now during Career Month, 800-274-7654, or send us this coupon. It may be just the chance you've been waiting for.

I'd like more information about a career with Better Homes and Gardens® Real Estate.

Name _____

Address _____

City/State/ZIP _____

Home phone ( ) _____

Mail to: Better Homes and Gardens® Real Estate Service
Box 10621, 2000 Grand Ave., Des Moines, IA 50336-0621

SOLD

Better Homes and Gardens®

NOBODY KNOWS HOMES BETTER™

Each firm independently owned and operated. Availability of services may vary.

©Copyright Meredith Corporation 1990. All rights reserved.

"You are my Sunshine"



Everyone loves Sunshine.® And for lots of good reasons. Like great taste. And the fact that just about every cookie and cracker Sunshine makes contains no cholesterol and is low in sodium. Delicious, sensible snacks from Sunshine. Now that's something to sing about.

Sunshine®

NO CHOLESTEROL
LOW SODIUM

"You Are My Sunshine" © 1940 by Peer International Corp. Copyright renewed. Used by permission.

BACK-TO-SCHOOL ALMANAC

BY JOHN B. THOMAS



Here's our annual report of A-plus ideas for students of all ages.

A FLOOD OF IDEAS FOR A RAINY DAY

We've found a hot item to stir up your child's curiosity about the powerful forces of nature—The Weather Pop-Up Book ($12.95). This three-dimensional book explains such phenomena as tropical storms, jet streams, and cloud formations. The book is just one of many educational and creative kids' products found in the Gifted Children's Catalog. Other gifts include a computer speller, a telescope, puppets, and an inflatable dinosaur. To order a catalog, call 800/321-4565 (in Arizona call 272-1853); or write Pied Piper, The Gifted Children's Catalog, 2922 N. 35th Ave., Suite 4, Drawer 11408, Phoenix, AZ 85061.

BOOKS THAT BARK

Sometimes, convincing your kids to devote more time to reading is a major strain. But here's help. New interactive electronic books make everyday stories seem like the real thing. Kids thumb along as with any other book, but when they meet a friendly image amid the words, they just press the matching picture sound pad to hear an amazingly true-to-life sound effect. Arf, arf. For information on Sight and Sound books, call 800/558-0910. Suggested retail: $19.95.



A STUDY GUIDE FOR MOM AND DAD

Studies prove that students do better in school when their parents show a genuine interest in their children's education. "Helping Your Child Succeed in School" is a 36-page guide that makes a handy resource book for all parents with kids in the classroom. The booklet, developed by the Association of American Publishers, School Division, offers advice on topics ranging from study tips to working with teachers. There's even a section called "Turning Around Problem Situations." To order a copy, send a check for $1.50 made payable to: School Division, AAP. Mail to: Association of American Publishers, School Division, 220 E. 23rd St., New York, NY 10010.

Photographs: Perry Struse

Continued from page 35

SEAT-OF-YOUR-PANTS BACKPACKS

Fanny Packs from Jansport are the latest craze rolling across the country and into classrooms. Scaled-down versions of their larger cousin, the ubiquitous backpack, Fanny Packs offer a convenient, hands-free stash for school supplies. These colorful quick-carrys come in a variety of shapes and sizes and make great companions for hiking and biking, too. Available at most JCPenney stores. To order, call 800/221-6161 or write: JCPenney Co., Inc., P.O. Box 659000, Dallas, TX 75265.



TODAY'S LESSON: OUR ENVIRONMEN



To help your child's school shore up its environmental studies, why not suggest modeling this idea: In California, a nonprofit organization called the Southwest Regional Laboratory, with help from the California Department of Conservation's Division of Recycling, is offering free





Clever new

GENERAL FOODS USA

*Of all nationally advertised brands.
© 1990 General Foods Corp.

recycling education kits to all elementary teachers grades K-6. The kits, which include booklets, film strips, audio tapes, and posters, help kids learn about—and practice—recycling. The kits encourage such school-wide projects as collection of containers. Teachers are wild about the idea because it increases the awareness of students *and* their families. There's even a Spanish language version in the works. For free samples, ask your child's teacher to write (on school letterhead) to: Roger Scott, Southwest Regional Laboratory, 3914 Murphy Canyon Road, Suite A 128, San Diego, CA 92123.



HIGH NOTES FOR KIDS WITH KEYBOARDS

How can you get your kids interested in music? Here's the key: Start them out with an electronic keyboard, such as this multifaceted Casio MA-101. It features 49 mid-size keys, 100 preset tones (such as trumpet and jazz organ), and 100 rhythm patterns (such as '60s pop and doo-wop). Sound effects include laser beam and motorcycle. $99.95. To order a free catalog, call 201/361-5400.



ways to disguise nutrition.

ids love the taste of new Berry Blend TANG FRUIT BOX® so much, they never suspect there's nutrition hidden inside. While it isn't a substitute for a balanced diet, Tang is the only drink box with all-natural flavors, a full day's supply of Vitamin C and four other essential vitamins.* And Tang has no preservatives or artificial colors.

Tang Fruit Box® Nutrition in disguise.™

BRAND JUICE BEVERAGE

Continued from page 37

GET THOSE COLLEGE APPLICATIONS OUT OF THE WAY TODAY!

Filling out stacks of college application forms can take days. Now there's a way to get it over with in one sitting. The National Association of Secondary School Principals (NASSP) offers a Common Application Form developed by college admission deans and high school counselors. Used by 122 colleges and universities, such as the University of Southern California, Duke University, Southern Methodist University, and DePauw, the form allows students to send photocopies of their original application to any participating school. To get a form, see your high school guidance counselor, or write: NASSP, 1904 Association Dr., Reston, VA 22091. Or call 703/860-0200.

COOL CARRYALLS FOR LUNCH



Here's a way to brighten up any meal—colorful lunch boxes that are cool for kids *and* adults. A reusable ice pack keeps your eats cool, too. $22.50 plus $4 shipping and handling. To order, call 800/648-2747 or write: The Tasch Company, P.O. Box 9396, Santa Rosa, CA 95405.

JUST SAY NO, DOC

Teaching our children to reject drugs is everyone's challenge, including such Saturday morning stars as Bugs Bunny, Garfield, and the Teenage Mutant Ninja Turtles' Michelangelo. These cartoon characters, along with a host of their early-morning counterparts, have teamed up for an animated antidrug TV and video special entitled "Cartoon All-Stars to the Rescue." Thanks to the work of The Academy of Television Arts & Sciences and a grant from Ronald McDonald Children's Charities, more than 350,000 free videocassettes are being distributed by Buena Vista Home Videos to elementary schools, community groups and libraries, and video stores (for free rental). Cowabunga, dudes!



HANES HELPS US HELP HOMELESS FAMILIES

You can buy kid-pleasing back-to-school togs this year (even Teenage Mutant Ninja Turtles® underwear for boys and Chip 'n Dale's Rescue Rangers panties for girls) and help homeless families, too. Check local stores for special Hanes and Hanes Her Way displays on everything from activewear and socks to underwear. The Hanes folks are offering rebate coupons that save you up to $15, and both Hanes and Hanes Her Way will donate 20 cents for each coupon you redeem (for a minimum total donation of $200,000) to our Better Homes™ Foundation to help homeless families. Mark the special box and Hanes will send your entire rebate to the foundation.

Continued on page 42

MOM WATCHES AS KID DEVOURS DINOSAUR.



NOW WITH COOL WHIP, MOMS EVERYWHERE CAN WATCH HOW THEIR KIDS ARE MAKING DINOSAURS EXTINCT.

DINOSAURWICH

3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
Dinosaur Grrrahams™ Cookies or other assorted cookies
Garnish*

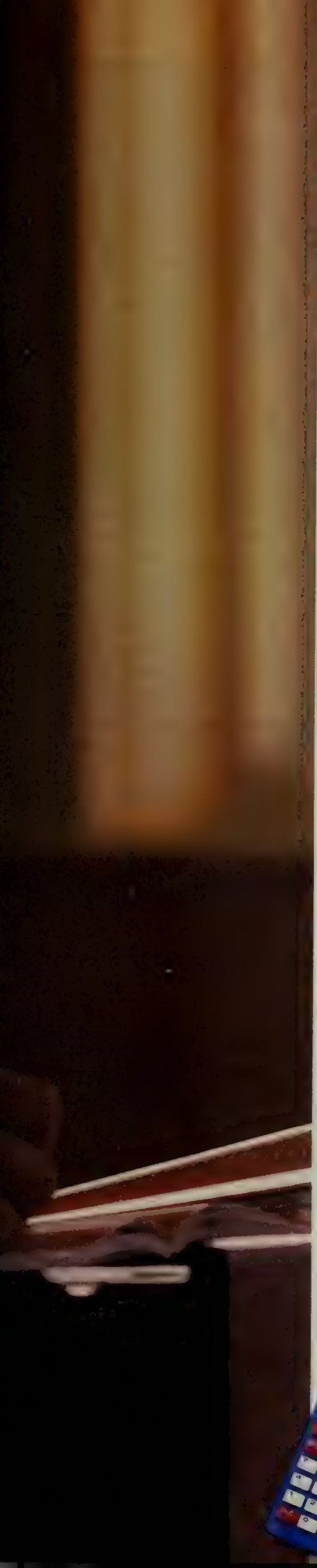
- **SPREAD** topping about 3/4-inch thick on one cookie. Place another cookie lightly on top.
- **ROLL** or lightly press edges in garnish. Repeat.
- **FREEZE** until firm, about 4 hours. Wrap to store in freezer for up to 2 weeks. Makes about 12.

For variety, fold some garnish into topping before spreading.
***Garnish Suggestions:** Sprinkles, cookie crumbs, chocolate chips, chopped nuts, diced fruit, toasted coconut, miniature jelly beans and assorted candies.

© 1990 Kraft General Foods, Inc.
Dinosaur Grrrahams™ cookies by Nabisco Brands, Inc. Dinosaurs not endorsed by Nabisco.

©1990 TI

TEXAS INSTRUMENTS



The West German school year is two months longer than ours.

As a result, the time our children spend in the classroom must be even more productive in order to compete in an increasingly competitive world.

Which is why at Texas Instruments, we are proud our tools for learning arithmetic and math can make such a difference.

The simple look of our classroom calculators hides powerful software that can help students better master mathematical concepts. Literally hundreds of math teachers and leading educators helped us develop them and the materials to go along with them.

In a pilot study where they were given to 8th graders for the school year, specific test results were extraordinary: with calculators, 8th grade girls' problem-solving skills increased to a remarkable 10th grade level. Using our calculators in the classroom is now being explored by school districts in every state in the nation.

In addition, the tools on TI's Learning Path™ provide an engaging way for parents to help their children master the basics at home. Each tool addresses a specific area of learning that can begin as early as infancy.

TOOLS FOR LEARNING FROM
Texas Instruments

BECAUSE OUR NEWEST GENERATION MUST BE OUR SMARTEST GENERATION.



Continued from page 38

DIAL 1-800 FOR EDUCATION

One day, without warning, your child is unfairly expelled from school. What can you do? To get some sound advice, try dialing a toll-free help line set up by the National Committee for Citizens in Education. Callers receive information on such public school topics as preventing dropouts and running for the school board. In addition to over-the-phone advice, free pamphlets are available on numerous subjects. There's even a bilingual service for Spanish-speaking parents. Call 800/NET-WORK (in Maryland call 301/997-9300) or write NCCE, 10840 Little Patuxent Pkwy., Suite 301, Columbia, MD 21044.



Jean Colvin

EDUCATIONAL TRIPS YOU CAN REALLY DIG

Trying to bone up on your history? The University of California Research Expeditions Program (UREP) accepts volunteers, and their tax-deductible donations of $600 to $1,500, to help excavate archaeological sites worldwide. For more information, write UREP, University of California, Berkeley, CA 94720. Or call 415/642-6586.

We got the goods...





Debi Harding

Young Author, Young Author

We've discovered a way schools can get even the most reluctant students excited about writing. "Young Authors' Week" turns hundreds of kids in the Yorkville School District each year into "published" authors. In this model program for Illinois, students create original stories and poetry. The books are then bound and displayed for all to see. As part of the event, published authors such as Barbara Neasi (above) visit the schools. For information, contact Debi Harding at 708/553-4388. BH&G

STUDENT EXCHANGE PROGRAMS THAT PASS THE TEST

Before you send your kid student overseas to study, make sure you select a solid program. The Council on Standards for International Educational Travel (CSIET) publishes an annual 100-plus-page booklet that scrutinizes student travel programs operated by dozens of organizations.

The booklet, called the "Advisory List of International Educational Travel and Exchange Programs," is distributed each August to all high schools. Have your child ask his or her principal or school counselor to see the 1991 edition. To order a copy, send a check for $6.50 payable to CSIET, 3 Loudoun, SE, Suite 3, Leesburg, VA 22075. Or call 703/771-2040.

and now more of the goods!



New Raisin. New Crunchy Nut.

Since you can never get too much of a good thing, we've just come out with two new KUDOS® Snacks. One's got extra-large chunks of almonds and peanuts. The other is packed with plump, juicy raisins. And like all KUDOS® Snacks, they combine real milk chocolate with the wholesome crunch of nuts and grains. Something this good is something you gotta get!

© Mars, Incorporated 1990

FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



Exercise videos put a scenic spin on working out.

STATIONARY BIKING VIDEOS

Take the boredom out of biking

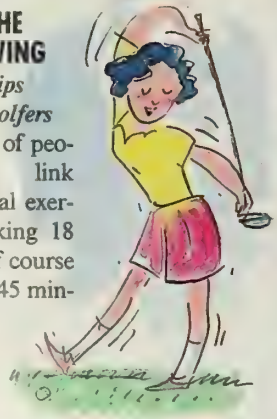
Stationary biking may mean going around and around and getting nowhere fast. You might not even get fit, because when boredom sets in, bikes go down to the basement.

Biking videos, however, may get you moving again. Just pop one of 10 VIDEOCYCLE cassettes into a VCR, and you'll be riding in Vermont, Hawaii, or along the Oregon coast—you might even be racing. Each 75-minute tape (the racing tape is 56 minutes), designed by an orthopedist, has three 18-minute workouts, including warm-up and cool-down.

VIDEOCYCLE tapes $29.95. Call 800/822-1105 (operator 84) or write Cycle Vision Tours, Inc., 1400 High St., Suite A1, Eugene, OR 97401.

GET IN THE FITNESS SWING

Exercise tips for women golfers



A lot of people link golf with casual exercise. Yet, walking 18 holes on a golf course is like playing 45 minutes of tennis singles.

"There are many people who still don't understand the physical demands, such as strength and flexibility, that golf requires," explains George Kehoe, editor-in-chief of *Golf for Women* magazine.

"They don't warm up properly, and wonder why their backs are sore the next day. A 10- to 15-minute warm-up could make all the difference."

Most golf injuries are to the back, but one area where women are more susceptible than men is the lower leg. Calf and heel muscles, "particularly in women who wear high-heel shoes a lot, aren't going to be as flexible as normal," says Kehoe. These muscles are at the core of good footwork, thus crucial to a strong golf swing. Standing 2 feet from a wall then leaning forward with feet remaining flat is a stretch that helps the heel cord.

Articles on stretching and strengthening exercises, plus additional fitness and instruction tips, are found regularly in *Golf for Women*. For information, write this bimonthly magazine at All American Plaza, 2130 West Jackson Ave., Oxford, MS 38655.

ASTHMA AND ALLERGIES

Have a no-wheeze, no-sneeze workout

Worried that working out might affect your asthma or allergies? Don't worry, be sweaty. Exercising is fine, but you'll have to plan first. Gerald Klein, a San Diego allergist, offers these tips:

- Your doctor may prescribe asthma medication 15 minutes before exercise, and possibly again after. This may prevent a delayed reaction, which can occur 6 to 12 hours after exercise.
- Allergic to bee stings? Don't wear bright clothes or perfumes, avoid flower beds, and carry medication.
- Exercise indoors to avoid allergens. Outdoors, wear a mask to help filter pollutants and allergens, and to moisten dry air that irritates breathing passages.
- Try swimming, which is great for asthma.

For a free informational booklet on asthma, send a SASE to Gerald Klein, M.D., 2067 W. Vista Way, Suite 140, Vista, CA 92083.

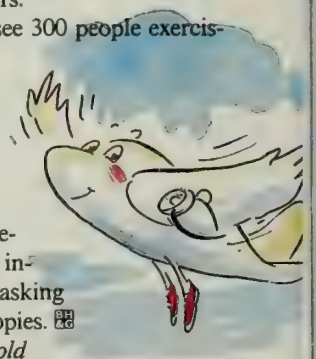
IN-FLIGHT FITNESS

Exercise video shortens long trips

Northwest Airlines has something to help you hit the ground running after a long flight: a five-minute fitness video.

Shown about an hour before landing on most flights of 2½ hours or longer, "Plane Aerobics" does not offer aerobics as such, but seated exercises that improve circulation, stretch arms and legs, and pep up pooped-out airline passengers.

"When you see 300 people exercising on a 747 going to Asia, it's amazing," says Jeanenne Brown from Northwest.



Now, paraplegic groups are interested, too, asking for their own copies.

–By Gary Legwold



Little people get as thirsty as big ones.

There's very little difference between a kid's thirst and a grown up's. Gatorade® is great for both of them. It provides fluids and minerals. Supplies working muscles with energy. It's



low in sodium, with about half the sugar of fruit juice and soda* and no caffeine. Big or small, Gatorade cuts every body's thirst down to size.

*110 Mg of sodium, 14g of sugar per 8 oz. serving.

Gatorade. For That Deep Down Body Thirst.



PHOTOGRAPHS: SCOTT LITTLE

Tuna-Apple Pockets | Tomato Bean Soup | Curried Chicken Fruit Salad | Garden Turkey on Rye | Chicken-Bulgur Salad

PACK A LOW-FAT LUNCH FOR WORK OR SCHOOL

Give the high-fat lunch the sack. Instead, choose one of these great-tasting healthful ideas that keep fat in line. Each lunch takes just minutes to fix from start to table or brown bag. Stretch it with fruit, vegetables, and skim milk.

Tuna-Apple Pockets

Season ¼ cup *plain low-fat yogurt* with a pinch of *dried dillweed.* Add ¼ cup drained, canned, *water-pack tuna,* a chopped *apple,* and chopped *celery;* toss to coat. Halve a *small pita bread round* and fill. Serves 1. *About 280 cal., 2 g fat, 7% calories from fat—*

To take along: Wrap filling and bread separately. Pack with an ice pack in a cooler. Assemble to eat.

Tomato Bean Soup

Combine one 10¾-ounce can *condensed tomato soup;* a soup can of *water;* 1½ cups *frozen mixed vegetables;* one 8-ounce can *red kidney beans,* rinsed and drained; ½ cup diced cooked *lean pork* or *chicken,* and a touch of *Italian seasoning.* Heat to boiling; stir often. Serves 4. *About 173 cal., 4 g fat, 20% calories from fat—*

To take along: Add only ¾ cup *water.* Divide soup among 4 individual microwave-safe freezer containers; seal, label, and freeze. Pack 1 container with an ice pack. At lunchtime, add 2 tablespoons *water.* Micro-cook on 100% power (high) for 2 to 4 minutes or till hot, stirring once.

Curried Chicken Fruit Salad

Section an *orange* over a bowl. Add ⅓ cup cubed *cooked chicken* or *lean beef,* ⅓ cup *green grape halves,* and ½ cup cooked *tiny shell macaroni.* Blend ⅓ cup *lemon low-fat yogurt* with ½ teaspoon *curry powder;* pour over chicken. Toss to coat. Cover and chill till lunchtime. Serves 1. *About 343 cal., 4 g fat, 9% calories from fat—*

To take along: Chill overnight. Pack in a prechilled insulated wide-mouth vacuum bottle.

Garden Turkey on Rye

Toss together some shredded *carrot* and *zucchini* with enough *reduced-calorie Italian salad dressing* to moisten. Spread *Dijon-style mustard* onto *rye* or *whole wheat bread.* Top with a couple of 1-ounce slices of *lean smoked turkey* or *ham,* carrot mixture, and another bread slice. Serves 1. *About 273 cal., 7 g fat, 23% calories from fat—*

To take along: Wrap carrot mixture separately. Pack with sandwich and ice pack in a cooler. Assemble to eat.

Chicken-Bulgur Salad

Combine ½ cup cubed *cooked chicken breast,* ⅓ cup each chopped *cucumber* and shredded *carrot,* and 3 tablespoons uncooked *bulgur.* In a screw-top jar, mix ⅓ cup *chicken broth,* 1 tablespoon *lemon* or *lime juice,* a teaspoon each of *honey* and crushed dried *basil.* Cover; shake well. Pour over chicken mixture. Cover; chill at least 2 hours or till bulgur has absorbed liquid, stirring twice. Serve over lettuce. Serves 1. *About 269 cal., 4 g fat, 14% calories from fat—*

To take along: Chill the mixture overnight before packing in a prechilled insulated wide-mouth vacuum bottle. Pack lettuce separately.

PROJECTLEAN LUNCHES

Lunch, at or away from home, can meet the dietary guidelines endorsed by ProjectLEAN and many public health organizations. They suggest that no more than 30% of daily calories come from fat. To help you meet that goal, these recipes list the number of calories and grams of fat, plus the percentage of calories coming from fat. ProjectLEAN is a nutrition education program initiated by the Henry J. Kaiser Family Foundation.

continued on page 48

You may never go back to ice cream without Simplesse®.



Introducing all natural Simplesse. The ingredient that actually takes the place of fat while doing something never before possible. It puts back the taste.

So products like ice cream, and soon salad dressing and mayonnaise, taste just as rich, creamy, full and luscious as you've always loved them.

Even better, Simplesse is completely natural. Made with nothing artificial, nothing complicated. And since Simplesse® all natural fat substitute has no fat, it has no cholesterol. And a lot fewer calories.

Right now, you can try Simplesse in new Simple Pleasures.® It's everything you love about ice cream, but without the fat. In your favorite flavors. Any questions? Just give us a call. 1-800-321-7254.

All Natural Simplesse® Fat Substitute

Almost too good to be true.

© 1990 The Simplesse Co. Not available in all areas.
Simple Pleasures, Simplesse, and the Simplesse symbol are registered trademarks of The Simplesse Co.

Ripley's Believe It or Not!™

MURPHY'S OIL SOAP SPRAY TURNS STRUGGLING ACTRESS INTO OVERNIGHT STAR!

TO SUPPORT HERSELF, A STRUGGLING ACTRESS IN NEW YORK TOOK A JOB CLEANING OFFICES. FACED WITH ROWS OF DIRTY DESKS AND SHELVES, SHE NEARLY DESPAIRED--UNTIL SHE DISCOVERED MURPHY'S SPRAY. IT CLEANED EVERYTHING DOWN TO THE SHINE. NOW THANKS TO MURPHY'S SPRAY, SHE'S A STAR--OFF-BROADWAY.

LOOK FOR OTHER UNBELIEVABLE USES FOR MURPHY'S OIL SOAP SPRAY, THE GENTLE WOOD CLEANER, ON THE BACK OF EVERY SPRAY BOTTLE.

SPRAY FORMULA
MURPHY OIL SOAP
HOUSEHOLD CLEANER
CLEANS WOOD SURFACES AND MORE!

Believe It or Not! and Ripley's Believe It or Not! are trademarks of Ripley Entertainment, Inc. © 1990 Ripley Entertainment, Inc.

GOOD FOOD

continued from page 46

Single-Serving Burrito

Flavor ¼ cup *refried beans* with a little *salsa.* If you want, soften a *flour tortilla* in the microwave oven by heating it between paper towels on 100% power (high) for 10 seconds. Spoon the bean mixture into the center of the tortilla. Top it off with ¼ cup shredded *low-fat cheddar cheese* and some chopped *green pepper.* Fold the tortilla around the filling envelope-style or roll up. Serve seam side down. To warm your burrito at lunchtime, wrap it in a paper towel and heat in a microwave oven on high for 1 to 2 minutes. Makes 1 serving. *About 274 cal., 9 g fat, 30% calories from fat—*

To take along: Wrap and chill the burrito overnight before packing it with an ice pack in a cooler. Heat it in a microwave at lunchtime.



Single-Serving Burrito Chicken-Rice Soup

Chicken-Rice Soup

Heat to boiling 1 cup *chicken broth,* 1 tablespoon *long grain rice,* and a generous pinch of *dried dillweed.* Reduce the heat and simmer, covered, for 10 minutes. Add ⅓ cup each of *frozen mixed vegetables* and chopped *cooked chicken.* Cover; simmer for 5 minutes more. Splash in a little *lemon juice.* Serves 1. *About 197 cal., 4 g fat, 17% calories from fat—*

To take along: Pack the hot soup in a preheated insulated vacuum bottle.

ATTENTION: BROWN BAGGERS

Keeping food fresh-tasting and spoilage-free in the lunch boxes you pack is as simple as 1, 2, 3.

1. Pack cold foods with an ice pack in a cooler and put any mixtures into an insulated vacuum container.

2. For cold mixtures, prechill the insulated vacuum container by pouring in cold tap water. Let the container stand with water for 5 minutes, then drain and fill.

3. For hot mixtures, preheat the insulated vacuum container by pouring in hot tap water.

☐ **YES!** Please rush my FREE Catalog and FREE $18.50 Dobosh Torte offer.

(For new customers in U.S. only)



Name _____ (PLEASE PRINT)

Address _____

City _____

State _____ Zip _____ WIA

The Swiss Colony®

of Monroe, Wisconsin

Originators of fine food gifts by mail since 1926

Our main office is in Monroe, Wisconsin, but your inquiries arrive faster when sent to our Madison office.

Please rush my new Catalog!

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS PERMIT NO. 3375, MADISON, WISCONSIN

POSTAGE WILL BE PAID BY ADDRESSEE

The Swiss Colony®

Catalog Request Dept.
Madison, WI 53793-0029



"When I give a gift from the heartland, it's like being together again for the holidays."

e've been special friends since the fourth grade. So I nt to be sure my gift always says 'Merry Christmas' just way I would if she were here. From the heart. That's y every year I send something special—something m Swiss Colony."

Barbara Brown, Lawrence, Kansas

ear after year, friends and families all over America d their best holiday wishes with gifts from the heart- d . . . from The Swiss Colony Catalog. It's a Christmas dition.

radition is also important in Monroe, Wisconsin. It ans quality—from the finest cheeses to hearty, old- hioned sausages. And at The Swiss Colony, quality also ans tempting pastries and cakes, rich chocolates, beauti- collectibles, holiday gift assortments, and much more. With 200 pages of gifts from the heartland, a Swiss lony catalog offers you more than 1,000 sure-to-please s . . . something for just about everyone on your gift . You'll find holiday shopping easier than ever.

end for the new Swiss Colony Catalog today and receive a taste of the heartland

th 15 layers of cake and Chocolate Dobosh creme, Dobosh Torte is one of our most popular s. Our Austrian Master Baker keeps his d World recipe a secret, but we'll d you a 2 lb. Dobosh Torte—an $18.50 ue—FREE with your first order.

The Swiss Colony

of Monroe, Wisconsin
Originators of fine food gifts by mail since 1926.

Why Swiss Colony gives this $18.50 Dobosh Torte FREE to new customers.

NOW! You can enjoy this $18.50 Dobosh Torte FREE with your first order from The Swiss Colony. Why do we make this offer? Because once you've enjoyed this irresistible pastry, we hope you'll become a loyal and valuable customer. We feel this generous 2 lb. Dobosh Torte is the best way to introduce you to The Swiss Colony.

To receive your FREE catalog and FREE Dobosh Torte offer, simply return the postpaid card attached. (If card is missing, write The Swiss Colony, Catalog Request Dept. WIA, Madison, WI 53794-0014.)



BRIEF THERAPY
Fast relief for troubled people



Brief therapy can be just as effective as long-term treatment.

Gail was the epitome of self-made success. At 36, she headed a growing consulting company that she founded. Despite business success, her personal life was troubled.

"I'm tired of being single," she told therapist Michelle Weiner-Davis, "but I'm not very good at being in relationships. Maybe I'm afraid of intimacy.

"In my work," Gail continued, "I make lots of eye contact, but in social situations, when I try to meet someone, I find myself looking anywhere but at other people. If guys talk to me, I get weird and uncomfortable. I just fall apart."

A traditional therapist might spend months or years helping Gail understand the underlying basis of her intense anxiety. Through such insight, say long-term therapists, Gail would find relief and renewed self-confidence.

Weiner-Davis, coauthor of *In Search of Solutions: A New Direction in Psychotherapy,* performed the same service in two sessions. With Weiner-Davis' encouragement, Gail adapted her own business skills to social settings, designing a "marketing strategy" for herself. The shyness is fading, and Gail is much more self-assured in social situations.

Constipated?
You may have to take this much fiber laxative for as many as three days to get relief.



Monday Tuesday Wednesday

MIRACLE OR QUICK FIX?

Not all of Weiner-Davis' clients find relief as quickly as Gail did. Seventy-five to 80 percent *do* find relief in four to six sessions, however, a bit fewer than average for brief therapists. The National Institute of Mental Health reports that brief therapy is as effective as longer-term treatment for most mental disorders—even life-threatening depressions.

Brief therapy has been around for 30 years, but is only now coming into its own. Prodded by impatient clients and cost-conscious insurance providers, therapists developed or rediscovered an arsenal of fast-acting techniques. Used appropriately, these techniques induce rapid changes in behavior and thought patterns. In most cases, brief therapy aims at solving the client's immediate difficulty quickly.

"Brief therapy is pointed," says Shannon Kennedy, Ph.D., a vice president at American Biodyne, a San Francisco company that staffs and administers mental-health care programs that feature brief therapy. "From the first day, there is a contract between patient and therapist on what problems need resolution."

Contrast this approach with classic psychoanalysis, which can take five years of weekly (or more frequent) sessions. Often stretched out on a couch, the client talks about everything from childhood memories to last night's dreams. The therapist listens for clues to the origin of the client's behavior. In other forms of long-term therapy, the therapist may be more active or the client may focus on relationships. Insights gained through talk therapies help even seriously distressed people overcome their problems.

Critics of brief therapy argue that the process relieves the symptoms of mental distress without killing the roots of the problem. Those roots will eventually resprout, and the client will be no better off than before therapy.

Weiner-Davis, like many other therapists, reports that a few of her clients—Gail included—do come back from time to time for checkups. Even so, the time spent in brief therapy remains much less than with traditional therapy, and with an equal success rate, she says.

WHAT IT DOES BEST

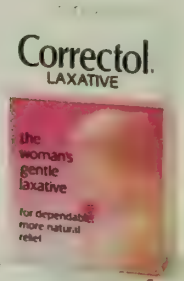
Some mental-health problems respond better than others to brief therapy. Phobias, for example, can be treated with a variety of brief therapy techniques. A client who is afraid of flying might spend the first session simply thinking about taking a plane trip. The second session might involve driving to the airport with the therapist. Session three might involve boarding the plane. Eventually, the client builds up to actually taking a short trip on a plane. Throughout therapy, the client uses relaxation techniques to deal with the panic that sets in with just thinking about flying.

Most depression, anxiety, compulsive behavior (such as checking locks repeatedly), and sexual and relationship problems also respond well to brief therapy. Taken together, these represent the majority of people who need professional help to get on with their lives.

continued on page 54



Or take Correctol®, and get relief by morning.



Correctol®
The gentle laxative so many women prefer.

© 1989 Plough, Inc. Use as directed.

Itchy, flaky scalp?

Neutrogena® knows your scalp problem may not be quite the same as someone else's. Which is precisely why we make two different scalp therapies...both guaranteed to relieve your particular condition...beautifully!



Neutrogena® T/Gel® Shampoo provides soothing relief for an itchy, flaky scalp. Its rich, pleasant-smelling formula is gentle enough to use each time you shampoo, so you'll have full-time control—and fresher, shinier hair—every day.



Neutrogena® T/Sal® Shampoo combats crusty build-up while relieving the itching and flaking associated with severe scalp conditions, such as psoriasis or seborrheic dermatitis.

You'll find dermatologist-recommended Neutrogena therapeutic hair care products at your drug store. If not, ask your pharmacist.

BRIEF THERAPY

continued from page 53

Many common symptoms of illness—such as chronic pain, ulcers, headaches—are often linked to psychological turmoil, notes Dr. Kennedy of American Biodyne. By teaching clients relaxation and stress management, brief therapists are often able to help with stress-related illness.

Unremitting grief can be as disabling as a physical illness. Brief therapy aims to help the sufferer sort out his or her thoughts in an organized fashion. Or, it can simply help the client change behavior enough to function in society. With functioning restored, the pain usually fades.

Finally, couples and families experiencing problems usually benefit from brief therapy. The therapist can help sort out expectations and attitudes that cause friction.

TARGETED THERAPIES

Brief therapists choose from a variety of treatments, including:

- Behavior modification. Problem behaviors—overeating, for example—can be unlearned. The therapist teaches the client to substitute a more acceptable behavior, or to break the habit by avoiding problem situations.
- Cognitive therapy forces the client to compare thinking patterns to reality. A client's "lifetime of failure," for example, may actually represent only a few recent setbacks. Depression often responds well to cognitive therapy.
- Stress reduction. Therapists prescribe meditation, hypnosis, biofeedback training, and breathing exercises to treat anxiety. In the case of phobias, the therapist may combine stress reduction with behavior modification.
- Paradoxical intention. Ironically, the best treatment for some problems lies in more of the same. If a couple often fight over money on payday, the therapist might order them to schedule an argument for every payday. Giving the couple permission to fight—even requiring it—will relieve their anxiety about whether a fight will happen and will ultimately lead to less fighting.
- Drugs. Medications are most often an adjunct to treatment rather than a sole therapy. For instance, drugs lift

depressed clients out of their funk so they can respond to talk therapy.

Regardless of the treatments the therapist chooses, brief therapy requires active participation of the client. Activities typically include monitoring feelings and actions, practicing stress reduction techniques, and rehearsing problem situations.

FINDING HELP

Brief therapy isn't particularly easy to find. Most of the training for therapists continues to stress long-term approaches. Look for a therapist who specializes in your problem, suggests Steven Klee, Ph.D., a private therapist and supervising psychologist at Beth Israel Medical Center in New York City. If you have a problem behavior, search out a behavior therapist. Sexual problems benefit most from treatment by a sex therapist.

Credentials matter, too. Local psychological, psychiatric, and mental-health associations usually will supply lists of state-licensed professionals in their fields. State licensing isn't a guarantee of excellence, but it does mean meeting minimum standards.

Once you have developed a list of possibilities, try to talk to each one long enough to assess whether you'd be more comfortable with one than the others. (Some therapists charge for these initial interviews, so ask.) However, psychologist Jay Haley of Rockville, Maryland, points out that brief therapy doesn't usually include revealing deep, dark secrets.

Many group insurance plans cover mental-health care, at least to a limited extent. Many communities have mental-health clinics that offer services on a sliding scale. Otherwise, expect to spend $40 to $150 an hour.



WHEN BRIEF ISN'T BETTER

Brief therapy works best when the client has a very specific complaint or a particular troubling behavior, says Steven Klee, Ph.D., a private therapist and supervising psychologist at Beth Israel Medical Center in New York City. "Vague anxiety and lifelong personality problems are difficult to treat briefly," he says. Dr. Klee also notes that major psychiatric problems—schizophrenia, for example, and situations in which the sufferer has lost contact with reality—rarely yield quickly to any form of therapy.

Substance abuse and alcoholism are notoriously resistant to brief treatments, says Dr. Klee. "No therapies are terribly effective against substance abuse," he explains. "These are long-term problems and require the continuing support of a group."

Therapist Weiner-Davis agrees that the Alcoholics Anonymous approach works well for some individuals. For abusers who aren't "joiners," brief therapy can be an alternative to expensive hospital-based programs, says Weiner-Davis. She explains that most abusers go through dry periods; her treatment approach concentrates on helping the client to continually re-create those situations.

Will people like the taste of a cracker that's low in fat, low in salt and has no cholesterol?



Apparently so.



HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

MICROWAVES NOT KID STUFF

Burns on the increase

A rise in burns to children has prompted one maker of microwave foods to buck a trend. Mary Anne Jackson, founder of My Own Meals, Inc., which produces a line of microwave entrées aimed at kids, urges parents not to let young children use a microwave oven. Jackson notes that several producers of kids-oriented microwave foods imply that young children can safely prepare the products on their own.

Statistics gathered by the Consumer Product Safety Commission show a jump in microwave-related burns to children. Spills and steam burns are the most common hazards to kids using microwave ovens. In 1988, the CPSC estimates, 483 children were treated for such burns; for 1989, the estimate is 1,096.

How old should kids be before they start zapping their own meal? Lorraine D'Asta, Ph.D., a clinical and school psychologist, says that parents need to assess their child's readiness for using a microwave oven. Any child who is not ready to use a conventional oven, she argues, should not be using a microwave without supervision.

A HAZARD TO VISION

Warning on a medical mix-up

What common household product masquerades as eye drops? Ask several patients of Newark, New Jersey, physician Patrick DeRespinis, and you'll hear the answer: fingernail glue. Unfortunately, Dr. DeRespinis' patients didn't catch on to the similarity until it was too late.

Many so-called superglues come in small plastic dropper bottles that are virtually identical to both prescription and over-the-counter eye drops. Although most people store these glues safely, Dr. DeRespinis notes that his patients kept their fingernail glue in the medicine chest. Inflammation and damage to sensitive eye tissues await the unwary who mistake one product for the other.

The painful lesson learned: Keep cosmetics of all types away from medicines.

READY? WILLING? ABLE!

Sex and the older woman

Women shouldn't blame old age for changes in their interest in sex. In most cases, the real problem is a reversible physical ailment.

Writing in the *Journal of the American Medical Association,* Arshang D. Mooradian, M.D., and Vicki Greiff, M.D., note that healthy women can usually remain sexually active well into their golden years. Unfortunately, various physical and emotional problems too often conspire to quench desire.

Okay. Will they also like a cracker that's just as healthy and has real oat bran too?



Depression, anxiety, and estrogen deficiency following menopause are well-known causes of sexual problems, Mooradian and Greiff report. Happily, these problems are eminently treatable. Your personal doctor can usually screen you for the problems that interfere with a satisfying sex life.

DPT VACCINE PASSES LATEST TEST

Complications are rare

Parents of infants can rest a little easier. A new study confirms that the diphtheria-tetanus-pertussis (DPT) vaccine rarely—if ever—leads to seizures or other serious problems in healthy infants. For a decade or more, the pertussis (whooping cough) part of the vaccine has been dogged by charges that it causes brain disorders.

Though usually mild in healthy patients, whooping cough is dangerous to kids under age 2 and to the elderly. Occasionally, the disease causes brain and lung damage.

Marie R. Griffith, M.D., and her colleagues at Vanderbilt University School of Medicine in Nashville followed the condition of 38,000 children who had received one or more immunizations. None of the children developed nervous-system disorders within a week of receiving the vaccine. Fever-induced seizures rose slightly in the month following, but the increase wasn't significant.

Despite the finding, many continue to advise caution when dealing with children who have a history of seizures. There is some evidence that the vaccine may harm children who have existing nervous-system problems.

MEDICAL MAILBOX

Free for the asking

Glaucoma, **a buildup of pressure within the eye, is the number one cause of blindness in the U.S. Yet, surprisingly, the disease robs vision so gradually that most sufferers are unaware of it until the optic nerve is irreversibly damaged. Learn more about glaucoma in this new free brochure:**

- **"Glaucoma: It Can Take Your Sight Away." Send a business-size SASE to: Order Clerk-GL, American Academy of Ophthalmology, P.O. Box 7424, San Francisco, CA 94120-7424.**

Headaches **come in many varieties. You can help your doctor diagnose the cause of yours with the help of a new booklet. Produced by the National Headache Foundation, the booklet also examines common causes of headaches and explains when a visit to the doctor is in order.**

- **"How to talk to your doctor about headaches." Send a self-addressed, business-size envelope with 50 cents' postage to: The National Headache Foundation, 5252 N. Western Ave., Chicago, IL 60626. Or phone 800/843-2256 (in Illinois, 800/523-8858).**

Baby's hearing. **Screen your infant to 3-year-olds with this new, easy hearing test. For a free copy, send a business-size SASE to:**

- **Baby's Hearing, c/o American Academy of Otolaryngology—Head and Neck Surgery, One Prince St., Alexandria, VA 22314.**

It certainly looks that way.



NABISCO BRANDS INC.

© 1990 NABISCO BRANDS, INC.

The facts

PURITAN OIL (Canola Oil)	6%
Corn Oil	13%
Olive Oil	14%
Veg. Oil (Soybean)	15%
Margarine	18%
Veg. Shortening	26%
Butter	54%

A SCALE OF SATURATED FAT.

These numbers represent % saturated fat of total fat content. Values are typical; individual products may vary.

It's smart to lower saturated fat in your diet every way you can. Diets high in saturated fat can raise blood cholesterol. And high levels of blood cholesterol raise the risk of heart disease.

Compare corn oil, olive oil and butter with Puritan® Oil. Puritan is lowest in saturated fat. In fact, it's 94% saturated fat free. Switching your cooking oil is one small step you can take to help yourself and the people you love reduce saturated fat in their diet. It's never too soon to know the facts for a healthier, happier life.



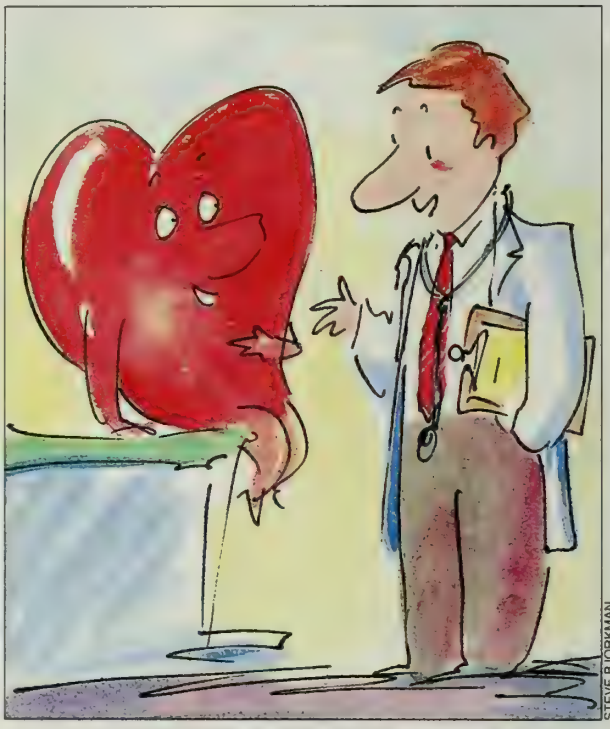
Puritan.® Make it your oil for life.

For an information guide on how to lower blood cholesterol by reducing saturated fat in your diet, write to Puritan Oil Cholesterol Guide P.O. Box 9962, Maple Plain, MN 55393. Enclose $1.00 postage & handling for each booklet requested (limit 5). Offer expires 3/1/91.

for life.



CHOLESTEROL TESTING
How to get results you can live with



An accurate cholesterol test could save your life.

You've just had your cholesterol checked at the Y, and the report is reassuring. Time to relax?

Not on your life. Many cholesterol tests are no more accurate than the 30-day weather forecast. Studies show that up to 45 percent of laboratories make significant mistakes on cholesterol levels. Errors on the low side camouflage your true risks; high-side mistakes trigger undue worry and unneeded diet changes or drug therapy.

Happily, you can protect yourself against the dangers of inaccurate cholesterol tests. Here are the facts.

Why testing is crucial. About two-thirds of Americans have had their cholesterol tested. That's good news. Persuasive evidence gathered over the past 30 years shows that cholesterol in the blood contributes to heart disease and heart attacks. There's also solid evidence that you can reduce dangerously high cholesterol levels. The bottom line: Cholesterol testing, as imperfect as it is, is worth the effort.

The problem is that cholesterol isn't particularly easy to measure. For one thing, your cholesterol level varies naturally from day to day, even from hour to hour, notes Alan Garber, M.D., Ph.D., an associate professor at the Stanford University medical school. What's more, you and the tester must follow procedures precisely.

Checking the checkers. Two strategies can help you zero in on an accurate measure. First, have several readings taken over a period of a few weeks or months. Second, be selective about where you are tested.

If you are over 18 and haven't yet had a total cholesterol test—the most basic measure—ask your doctor for the test, or watch for a public screening at a mall or health fair (see *below* for evaluating such programs).

See a physician for a second total cholesterol test only if your first result was more than 200. If the first and second tests differ by 30 points or more, one of them could be highly inaccurate. So get a third test. Then average the two closest test results, says James Cleeman, M.D. He coordinates the National Cholesterol Education Project (NCEP), a cooperative effort between the federal government and several large health organizations such as the American Heart Association.

For those unaware of their high cholesterol because a test came out normal, the problem likely will show up later during periodic testing, Dr. Cleeman says.

After the test. A verified cholesterol level of 200 or higher is a sign to talk to your doctor. (But whatever your reading, see your doctor if your family has a history of heart attacks before age 55; you need a special cholesterol test.) Based on your medical history and your willingness to alter your diet and lifestyle, you and your doctor need to decide whether, and how, to bring your cholesterol down.

JUDGING MALL SCREENING PROGRAMS

Public cholesterol screenings, like those offered at malls and health fairs, can be quite accurate. Good signs:

- **A neat, clean, and [illegible] area.**
- **Persons taking blood should don new gloves for each client. Your finger (or arm) should be disinfected before it is stuck. Materials coming in contact with blood should be disposed of in clearly marked containers.**
- **When the blood is drawn, you should be sitting down. Any other position may affect the accuracy of the test.**
- **With finger-stick screening, the tester should not squeeze your finger for blood. This hurts accuracy.**
- **Get test results in writing. And be sure a staff member explains the results to you.**
- **If your reading is above 200, you should leave the screening with advice on what to do. In all cases, you should receive information on cholesterol and diet.**



©1990 ConAgra, Inc. Weight Watchers® is a registered trademark of Weight Watchers International. Lean Cuisine® and Stouffer's® are registered trademarks of Stouffer Food Corp.

NEW HEALTHY CHOICE® ENTREES.

Now Healthy Choice introduces ten delicious entrees like Beef Pepper Steak, Glazed Chicken, Chicken À L'Orange and Linguini With Shrimp. They're all low in fat, sodium and cholesterol as well as calories. So eat light and eat right, starting with a Healthy Choice entree.



BRAND ENTREES (Line Averages)	FAT (% of calories)	SODIUM (mg)	CHOLESTEROL (mg)	CALORIES
Healthy Choice®	13	353	37	237
Stouffer's®	48	1030	N/A	365
Weight Watchers®	32	794	51	276
Lean Cuisine®	29	852	61	259

LISTEN TO YOUR HEART. MAKE A HEALTHY CHOICE.®

TOO SICK FOR SCHOOL? Guidelines for parents, plus sick-care options



STEVE BJORKMAN

A few sniffles shouldn't keep your child sitting at home.

It's 7 a.m. and your 7-year-old wakes up with a runny nose and a raspy cough. Do you send her off to school, or spend 35 frantic minutes searching for child care? Or perhaps *you'll* end up calling in sick—the second time this month.

For parents, no child's illness is trivial. Neither are the hard choices they must make. But here's a measure of comfort: Most illnesses in kids aren't severe enough to interfere with their enjoyment or performance in school or child care. Child health experts argue, for instance, that child-care centers exclude far too many children for mild illnesses. Schools may also discourage attendance by kids with minor illnesses.

You might worry that a child with a runny nose will spread germs, but experts have discovered that most ill kids are contagious for several days *before* they develop any symptoms. "The other children have already been exposed, so from an infection-control standpoint, it doesn't do much good to exclude the sick child," says Janet Gilsdorf, M.D., director of pediatric infectious diseases at the University of Michigan Medical Center.

Schools, along with clean, well-kept child-care centers, may be appropriate places for kids with other conditions, too, believes George Sterne, M.D., clinical professor of pediatrics at Tulane Medical School. Children with strep throat infections, impetigo, conjunctivitis (pinkeye), and head lice are not contagious following 24 hours of treatment. Frequently, they then can return to school or their regular source of care, he says.

Similarly, many schools and centers could accommodate kids who are recovering from broken bones or who have asthma under control or who are receiving antibiotic treatment for ear infections, Dr. Sterne believes.

"In general, if a child isn't running a high fever and feels well enough to carry on normal routines, there's a good chance he or she will do fine," he says.

Child-care centers tend to be overly strict about letting in sick children, particularly compared to schools. Surveys show that more than one third of kids using child care are in centers that exclude even mildly ill children. Most states have some type of regulation that specifically requires child-care centers to exclude ailing children; therefore centers may be legally bound by statute to turn away kids who are ill.

Even if regulations are absent, centers often lack the staff or the space to care for sick, irritable children. Although your child may not be seriously ill, he or she may feel too distressed to be at a busy, active center. Kids who need constant one-on-one attention probably don't belong in child care, says Susan Aronson, M.D., a professor of pediatrics at Hahnemann University.

What if your child can't attend child care or school? Parents may be able to choose from a variety of alternative arrangements. Before you make any decisions, consider what your youngster needs. In addition to fluids and rest, most ailing children need close attention and reassurance from an understanding adult and a comfortable place to recuperate.

continued on page 64

RED-FLAG SYMPTOMS

Most childhood illnesses shouldn't interfere with school or child care. But watch for these red-flag symptoms, sure signs that you need to find alternative care:

- **Breathing difficulties**
- **Severe pain**
- **High fever**
- **Diarrhea**
- **Vomiting**
- **Extreme lethargy**
- **Severe cough**
- **Rash of unknown origin**

When evaluating your child's condition, pay attention to behavior, advises Dr. Susan Aronson. A cranky, hard-to-console child with a mild fever needs special care regardless of what the thermometer says.

Children with colds, runny noses, and mild respiratory problems do not need to be excluded from school or child care, says Janet Gilsdorf, M.D., of the University of Michigan Medical Center.

Foot Repair.



Rough, dry, cracked skin.
Tough, uncomfortable callouses. Itching, burning athlete's foot. For foot problems like these, you need Smooth Touch® products from Dr. Scholl's.®

Because your feet aren't like any other part of you. That's why we've put our 85 years of footcare experience into Smooth Touch, a line of products specially designed for problems unique to feet. It includes everything from an antifungal spray that cures athlete's foot, to a special deep-penetrating moisturizer for the extra-thick skin on your feet.

So if your feet are in need of repair, look for Smooth Touch products at your Dr. Scholl's Footcare Center. They're the next best thing to a new pair of feet.

Use as directed.

Dr. Scholl's®

© 1990 Scholl, Inc.

TOO SICK FOR SCHOOL?

continued from page 62

Generally, they fare best if they're in familiar surroundings with people they know, says Dr. Aronson. "Sick children already are under stress," she points out. "New care givers and new settings may add to their discomfort."

SICK-CARE OPTIONS

Ideally, one parent stays home to care for an ailing child, but this isn't always practical. "Usually, you can stay home from work on the first day of your child's illness," notes Ruth Matson, a Minneapolis child-care consultant, and founder of Chicken Soup, the first licensed, freestanding sick-child care center in the country. "But, on the second or third day—and if it's chicken pox, it's the fifth or sixth day—you feel panicked because you can't keep missing work."

In-home care. If you can't care for your child yourself, the best option may be to call on a relative, friend, or neighbor to help fill in. At home, children can rest in their own bed, receive individual care from someone they know and trust, and avoid overstimulating group activity.

"Get-well rooms." Some child-care centers have a sick bay where kids with minor illnesses can play quietly in a special room located away from the main group of children.

At the Fairfax-San Anselmo Children's Center in California, specially trained child-care workers take care of up to six youngsters in a room resembling a comfortable living room.

The get-well room is available for kids who become ill while at child care as well as for those who arrive sick in the morning. When no kids are ill, the staff member returns to the regular classroom. As a result, kids are surrounded by well-known faces in familiar surroundings. "We want kids to get well without a feeling of isolation," says center director Ethel Seiderman.

Get-well rooms aren't widely available, however. Most centers don't have the space or the staff to give extra attention to sick kids. The additional resources add significant cost to programs. (At Fairfax, parents pay no added fees for the room because it is subsidized by a grant.)

Many child-care directors also confess reluctance to extend care because they fear that sick kids will cross-infect one another. Unless stringent infection-control guidelines are followed, sick kids could exchange illnesses and pass them around.

Family child-care homes. Some child-care centers have a separate "satellite" system of family child care homes for sick kids. The transition is smooth and cost may be reasonable.



This claims it's good for arthritis pain.

Other child-care centers have banded together to use one home jointly as a family day care. One disadvantage: A parent may have to leave work in the middle of day to transfer a child to the adjunct center.

Sick-care centers. Nationwide, more than 100 sick-care centers, perhaps three quarters of them located in hospital pediatrics units, deliver "infirmary-style" care.

Usually, these centers, too, are reserved for kids with minor illnesses: colds, ear infections, headaches, low-grade fevers. The majority of centers turn away kids with communicable diseases, such as measles, mumps, and chicken pox, but they usually accept kids who have begun treatment for pinkeye, strep throat, and many other infectious conditions.

Staffed by at least one registered nurse or licensed practical nurse, these centers combine medical attention with meticulous hygiene and sanitation. Many centers separate kids according to illness rather than age to minimize the spread of infection.

Given such precautions, it's not surprising that such care is expensive. In Seattle, parents pay $50 a day to leave their children at Virginia Mason Medical Center's Tender Loving Care Center, which accepts up to 16 mildly ill kids aged 6 months to 12 years.

Feeling Better, a center in Santa Clara, California, charges $39 a day to care for children under supervision of

a registered nurse.

Although sick-care centers are becoming more popular, many experts are critical. Because they require children to adjust to new people in strange surroundings, they can be stressful for kids, says Dr. Sterne.

Many programs rely too heavily on medical personnel, he contends. "Mildly ill kids need specially trained child-care workers with a child development background," he says.

of cross-infection. "There was one child who was not comfortable at Feeling Better, and he was sent home with his mom and the fee refunded."

Many freestanding centers, such as TLC, try to allay children's anxieties by designing their facilities to include bright, welcoming spaces well-stocked with toys, books, and cushions. "When kids arrive, we talk to them one-on-one to make them comfortable," says Farel McClure, director of TLC. "It usually doesn't take long before they're playing with a game and doing very well."



This guarantees it's better.

Two Medipren relieve minor arthritis pain better than two regular aspirin. And we're so sure of it, we're the first to make this offer. Your money back – guaranteed.

Now doesn't that make you feel better already?

For refund, just send Medipren proof of purchase and store receipt to: Medipren Guarantee, P.O. Box 4942, Monticello, MN 55365-4942.

Not all the news about sick-child care centers is bad, however. A study of 118 children at a Minneapolis sick-care center offers reassurance. The researchers compared mildly ill kids at the center with another group of ill kids at home and found the kids in child care faced no significantly greater risk of picking up new illnesses at the center.

Gail Gonzalez of Feeling Better adds that, at her center, there has never been a medical emergency or a case

Dr. Sterne allows that a freestanding center may be an alternative of last resort. Many parents have few other choices, he acknowledges.

But he objects to centers located in hospital pediatric units, which tend to isolate kids and focus chiefly on infection control. "The hospital environment is no place for a mildly ill kid," he says. "It can be frightening."

JUDGING A SICK-CARE CENTER

If you do decide to use a center, look for:

Qualified medical staff. Centers need at least a licensed practical nurse, while additional workers should have first-aid and CPR training. Medical backup should be available.

Low staff-to-child ratio. Centers that maintain about a 1 to 4 ratio are likely to offer individualized caring.

Attention to child development and activities. Chances are, your child won't be in bed all day. Are there appropriate toys, books, and learning opportunities?

To find out about alternative sick-care options in your area, talk to your physician, your hospital, or your regular child care; or check with child care resource-and-referral services.

FINDING HEALTHFUL CHILD CARE

One way to minimize your need for sick-child care is to look for a regular care center with sound preventive health policies. Check for these signs of quality:

- Is the center licensed or accredited by the National Association for the Education of Young Children (NAEYC)? A license guarantees that your center will undergo periodic inspections for cleanliness and safety. Call your state's licensing agency to see if complaints have been registered.
- Does the center have a written health policy outlining which illnesses are reasons for exclusion? Does it inform parents whenever a contagious disease occurs? Is there a separate space for sick kids?
- Must children and staff have up-to-date immunizations?
- Does the center have at least one worker skilled at first-aid treatment and CPR? Is there a fully stocked first-aid kit? A plan for emergencies?
- Do workers and children wash their hands after toilet use and diapering, and before meals and snacks? Frequent hand-washing may be the most important thing a center can do to prevent the spread of disease.
- Are food preparation areas, diapering tables, and toilets regularly cleaned and disinfected?
- Are toys and other play items regularly cleaned and disinfected?
- Are you allowed to make unannounced visits to the center?



©1990 Whirlpool Corp.

Why wait years for what Whirlpool gives you in 10 seconds flat?

Smooth-top ranges have been a mixed blessing. They cook fine...with special cookware...once they finally heat up. And they're easy to clean...except in the corners...and where they yellow and stain.

Maybe someday every smooth-top will have a sealed-in surface that solves all these problems. But Whirlpool has a freestanding range that can do it today.

Our new CleanTop™ range brings smooth-top cooking and cleaning performance to a new level. The elements heat up in a remarkable ten seconds. Without needing any kind of special cookware.

And Whirlpool gives you an important edge in easy cleaning...edges sealed into an upswept porcelain rim. So there are no metal corners to clean. And the SPILLGUARD™ rim will keep spills from spilling down the sides.

Whirlpool® ranges, like every appliance we make, are built to work hard and last a long time. For more information on the CleanTop range, or any of our appliances, just call 800-253-1301, toll-free, 24 hours a day.

So why wait for a smooth-top range that gives you all this, and heats up in ten seconds flat? Whirlpool has it today.

Whirlpool Home Appliances

Quality you can count on...today.

®Registered trademark/TM trademark of Whirlpool Corp.

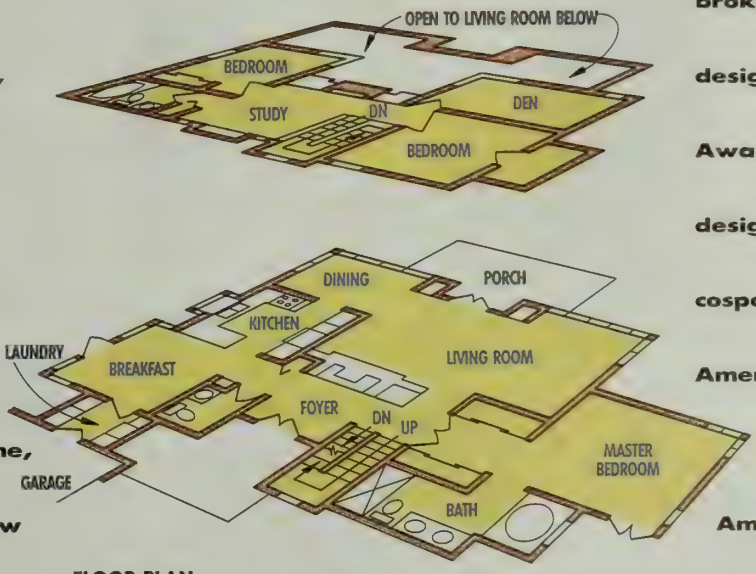
HOME OF THE YEAR



Make that, "Home of the Decade."

We build idea-packed show homes every year to keep you posted on the latest trends in design and products, but this time we outdid ourselves. Even as you stroll up the front walk, our 1990 show house surrounds you with intriguing new products and ideas you can add to your own dream home, whether you build it now or 10 years from now.

Designed by architect Ken Dahlin and built by The Housing Group in Alpharetta, Georgia, this show house earned rave reviews from builders attending their annual convention in Atlanta. But we knew we had a winner even before we broke ground; Dahlin's design earned the Grand Award in an annual design contest we cosponsor with the American Plywood Association, the American Wood Council, and *Progressive Architecture* and *Builder* magazines.



FLOOR PLAN
The main rooms share a 1990s sense of openness while clustering around the hearth—the age-old focus of family life. To order Home Plan No. 19319, see page 163.

BY WILLIAM L. NOLAN, DENISE L. CARINGER, AND ROBERT E. DITTMER



A whole new style

The new look we've created for 1990 is so distinctive that we put a label on it: 90s Modern. In part, 90s Modern is a fresh look at what we've always liked about modern—clean lines, flowing space, earthy colors. It also celebrates our ties to the past: wide cornices, tall windows, a cedar shake roof. Working with furnishings from The Lane Company, Inc., *Better Homes and Gardens®* Interior Design Editor Robert Dittmer echoed the architecture by mixing old and new: modern lines cleanly drawn using time-honored wood, wicker, and tile.

The spatial drama climaxes in the living room. Beneath a skylighted vault, the walls form comfortable boundaries, inviting you to curl up by the fire. Soaring spaces deliver drama but can be a bit daunting once you sit down. The remedy: anchor yourself with furnishings, colors, and textures that have visual weight. Here, Lane's leather

SOURCES

Glass table, club chairs, hassock: LANE Table lamp: KOCH AND LOWY. Floor lamps: PAUL HANSON. Floor tile: AMERICAN OLEAN. Heat-circulating fireplace: SUPERIOR

Photographs: Bill Stites. Architect: Ken Dahlin Interior design: Robert E. Dittmer. Builder: The Housing Group. Landscape architect: Matarazzo Design, Inc. Regional editor: Ruth Reiter







armchairs, slick yet substantial, rest atop richly hued kilim rugs. Glowing pools of lamplight lend low-level warmth.

Space to spare

The living room includes two conversation areas, a room-size dining alcove, and generous spillover space in the middle. Open stretches in the furnishings scheme show that you need not worry about filling every inch of floor space. Here, the wide-open spaces behind the fireside area create generous "breathing room," as well as grand access to the French doors and the terrace beyond them. Bonus: On holidays there's room to serve the whole clan at one sitting.

Corner lounge

Langorous lounges and supple side chairs let you settle back and drink in the dignified serenity of the great-room. We chose lounges here because traditional sofas would have blocked the flow of space and light. And what better choice for a spot that beckons you to settle back and enjoy the view, indoors and out? Whitewashed wooden blinds orchestrate the sun.

SOURCES

Pendent lighting: KOCH AND LOWY
Oak flooring: NATIONAL OAK FLOORING ASSOCIATION. Carpet runner: CARPETS BY COLUMBUS, USING "GENESIS" STAIN-RESISTANT FIBER BY AMOCO. Interior corner window: MARVIN WINDOWS
Wooden blinds: GRABER. Lounges, armchairs, ladderback chairs, dining table, wrought-iron coffee table: LANE
Piano: BALDWIN

Mellow-modern kitchen

Step-saving convenience and streamlined efficiency have always been standard ingredients in the modern kitchen. Our 1990s version improves on the recipe by folding in some mellow softness and extra dollops of sun and space. Gently rounded edges and corners warm up the polished planes on the countertops and flush-front cabinets. Major appliances hug the rear wall, yielding an airier look and more elbowroom in the U-shaped work area.

Good morning, sunshine!

Greenhouse-style bump-outs pump in enough sunshine to revive the grumpiest sleepyhead. Nature's neutrals—charcoal ceramic tile, sandstone Corian countertops, honey-hued built-ins—provide a foil for the sunshine. The clean but homey look derives from vintage-style furnishings sparingly used: a glowing pine table, nostalgic wicker chairs, some fresh-cut sunflowers.

SOURCES

Cabinets: RUTT. Refrigerator, microwave oven: AMANA. Convection oven, cooktop: DACOR. Sink: AMERICAN STANDARD. Floor tile: AMERICAN OLEAN. Cabinet hardware: SUGATSUNE AMERICA. Countertop: DUPONT CORIAN. Breakfast table, wicker chairs: LANE/VENTURE Intercom system: AIPHONE







HOME OF THE YEAR

Morning sun delivers a gentle wake-up call through French doors in the master bedroom. They open to a wraparound deck that hovers in the treetops.



Instead of the usual bedroom basics, our scheme lets you cruise off to Fantasy Island every night. Floating against pale sea-green walls, an exotic bamboo four-poster and island-inspired sheets create the getaway mood.

A tough day? The master bath caresses the kinks with a whirlpool tub at one end, a steam shower at the other, and a storage-lined twin-bowl vanity between.

SOURCES

Glass-top table: LANE. Wicker chair, bamboo chest, bed, and nightstand: LANE/VENTURE. Sheets, pillowcases, comforter: SHERIDAN. Floor lamps: ARTEMIDE. Wooden blinds: GRABER Whirlpool tub, vanity bowls, toilet: AMERICAN STANDARD. Cabinet hardware: SUGATSUNE AMERICA Countertop: DU PONT CORIAN Ceramic tile: AMERICAN OLEAN

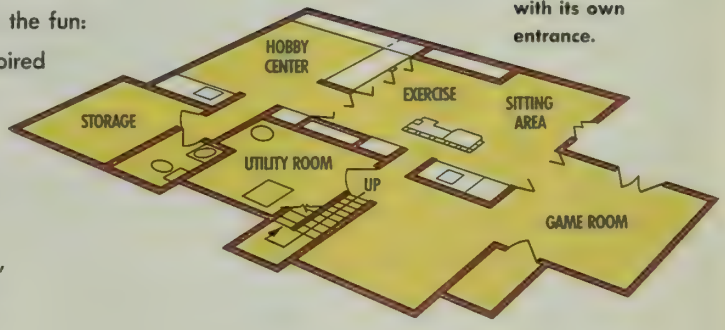








FINISH-LATER SPACE
Expansion space in the walk-out basement houses a multipurpose recreation area, complete with wet bar and half bath. The game room could be a bedroom instead, with its own entrance.



HOME OF THE YEAR

The recreation room is really four spaces in one: a TV lounge, an exercise area, a hobby center, and a refreshment bar. No need to dash to the kitchen for sodas during commercial breaks, or miss your favorite soap while doing your daily dozen; the microwave and wine cooler stand ready to serve up snacks and thirst quenchers.

For '90s-style pizzazz, we whitewashed knotty pine, wrapped the TV set with a glass-paneled grid, tiled the floor with sleek, faux-granite vinyl, and energized the action with halogen track lighting. Then we splashed on the fun: bold, jungle-inspired upholstery that brightens the potentially dull, down-under space and says, "Smile! Relax!"

SOURCES
Vinyl tile: NATIONAL FLOORING COMPANY. Paneling: WESTERN WOOD PRODUCTS ASSOCIATION Home entertainment center: BANG & OLUFSEN. Modular seating: LANE'S PEARSON DIVISION. Track lighting: CAPRI. Microwave oven: AMANA Wine cooler: KEDCO. Countertop and bar sink: DU PONT CORIAN. High-rise faucet: AMERICAN STANDARD. Band saw: BLACK & DECKER. Louvered doors: MORGAN PRODUCTS LTD. Saw and clamps courtesy of K MART



HOME OF THE YEAR

90s design sampler

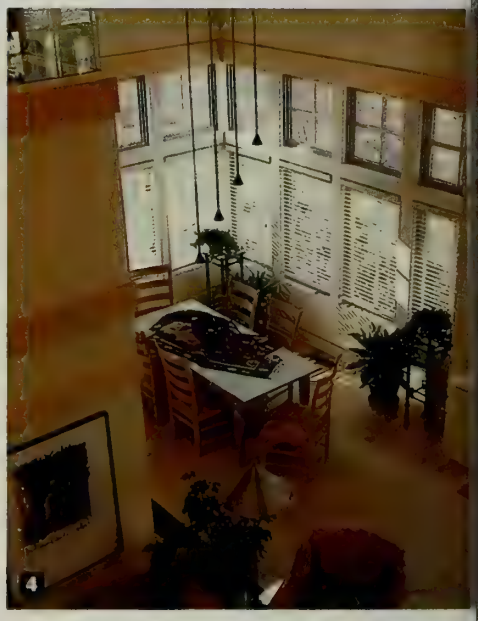
Thanks to rising construction costs and shrinking lot sizes, bigness for bigness' sake will be out of step with the '90s. Our 90s Modern house offers timely tips for gaining big impact on a modest scale.

continued on page 83













MIKE MORELAND

1 BOOK NOOK The study measures a scant 10×10 feet, but painting it mushroom and vaulting the ceiling adds a smidgen of stretch. Open-legged furnishings add comfort without crowding.

2 QUIET VISTA Marvin's new corner window muffles downstairs noise while preserving dramatic interior views upstairs. Lane/Venture's sleek, white, modular storage pieces melt into the walls.

3 EARTHY CUES Nature's materials marry the house to its site: roofing from the Red Cedar Shingle and Split Shake Bureau; lap siding from American Plywood Association; treated decks from the Southern Pine Marketing Council; and earth-tone colors by Pratt and Lambert. The Georgia Water-Wise Council, Matarazzo Design, Inc., and Allgood Outdoors, an Atlanta nursery, created a drought-hardy, water-saving planting scheme.

4 DINING IN? We rimmed the dining area with high windows and dressed it warmly with sun-bleached oak and pine. Pared-down Lane furnishings give farmhouse shapes a modern spirit.

5 SO HANDY Space-savvy conveniences equip the work area: American Standard's double-bowl sink, In-Sink-Erator's garbage disposal and hot water dispenser, and KitchenAid's dishwasher.

6 LIGHT SERVINGS Ready for a coffee break? Lindal's sunspace merges the breakfast room with the terrace.


Every Nest Can Use
A Little Sprucing Up.
BLACK&DECKER®

Give Your Home A Fresh



▲ Update your kitchen with the state-of-the-art line of **Spacemaker Plus*** Appliances. Like the **Spacemaker Plus Thermal Carafe Drip Coffeemaker** (PDC403A). Easily mounted under the cabinet, it brews directly into its own thermal carafe so you can enjoy hours of hot, fresh-tasting coffee.

▲ For a sleek, coordinated look, add the **Spacemaker Plus Can Opener** (PEC90) and **Spacemaker Plus [illegible] Light** (PLA100).





◀ The lightweight, Cordless **HandyMixer™** (9210) whips through everyday mixing tas What's more, there are four versatile attachments that do everything from whipping cream to mixing batter. And stores neatly in its convenien recharging base.

◀ Another space-saving – n to mention time-saving – idea is the **Handy Shortcut™ Mic Food Processor** (HMP30). Compact enough for everyda use, it does almost everythin full-sized processor does, in half the space.

Look With Black & Decker.



The **HandyOpener™ Cordless Can Opener** (KEC160) actually "walks around" the lid of cans all by itself in a completely hands-off operation. It can be wall mounted in its recharging base.





◀ The **Dustbuster Plus® Power Brush** (9338) is lightweight and cordless so it's perfect for touch-up cleaning. And with the motorized power brush, it's even effective on upholstery and plush carpeting.

The **PowerPro™ Dustbuster Plus®** ▶ (DB5000) is the most powerful, versatile Dustbuster® vac ever. Which means it picks up perfectly where your big vacuum leaves off. A second power setting gives you a surge in cleaning strength, and with all the handy attachments, you can pick up anywhere in the house. Cordless too.



◀ We think you'll agree that the **Slimline™ Escort Light™ Smoke Alarm** (SMK400) should be a part of any home. Not only is it an attractive way to be safer, it has a portable "emergency light" to illuminate each step of your escape route.



For stores that carry these products, call 1-800-552-0553

BLACK&DECKER®

A Fresh Approach To Your Most Pressing Problems.

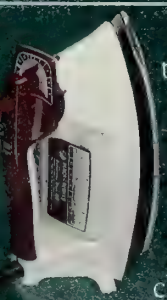
At Black & Decker, we've come
o with a way to change how you
el about ironing by changing the
on itself. We call it the **Advanced**
ystem Iron (F6405), and it actually
olves what you've told us are your
ost pressing problems.

HAS YOUR IRON EVER SCORCHED DELICATE FABRICS?



Then you'll definitely warm to our Temperature Ready Light and Tone-Alert features. Instead of relying n guesswork, you can rely on the dvanced System Iron to signal you hen the selected temperature for ach fabric has been reached.

DO YOU OCCASIONALLY FORGET TO TURN OFF THE IRON?



We didn't. Both the Advanced System Iron and the **Automatic Shut-Off™ Iron** (F440) are equipped with automatic shut-off. So, in addition to being clothes-conscious, they're safety-conscious, too.

DOES YOUR IRON STICK, SPIT OR SPOT?

The Advanced System Iron has a ilverStone† nonstick oating that helps the on glide over fabric nd our unique elf-Clean II™ feature revents clogging, spitng and brown spots.

†Trademark of E. I. Du Pont de Nemours and Co.



So your ironing won't ever look like it needs laundering.

HAVE YOU EVER HAD TO IRON THE SAME SPOT OVER AND OVER?

Obviously, you've got an iron that doesn't let you control the amount of steam. The Advanced System Iron on the other hand, offers a choice of three steam settings. Light for delicate fabrics. Medium for cottons and lightweight wool. And Heavy for denim and linen. There's even a surge of steam that will eliminate deep-down wrinkles in no time flat.

After all, the way we see it, the less time you spend ironing, the more time you can devote to more pressing matters.



BLACK&DECKER®

HOME OF THE YEAR





1 STRIPE IT BLUE! Light-handed graphics liven up the family bath: playful blue lines on white porcelain fixtures by American Standard, diamond-patterned tiles by American Olean.

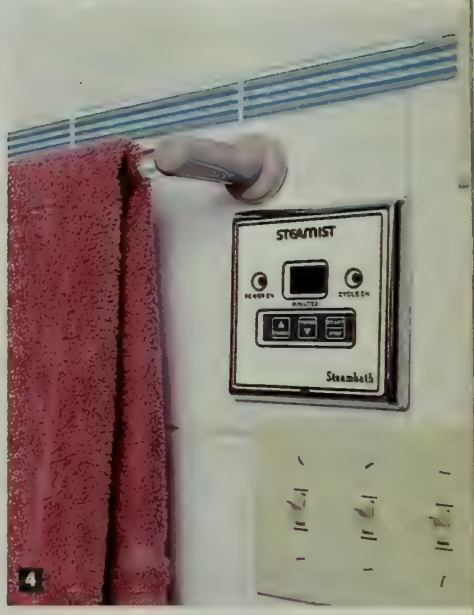
2 TOUCH OF MINK Our powder room gains presence with mink-colored fixtures from American Standard, wallpaper by FCS Wallcoverings, and a mirrored wall courtesy of the National Association of Mirror Manufacturers.

3 WORK MATES Chrome pulls from Sugatsune America echo the rounded corners on Rutt's Ellipse cabinet fronts and Corian's Sandstone countertop. A fit-and-trim trash compactor by KitchenAid merges with the cabinetry.

4 DIGITAL STEAM Steamist's digital controls turn your shower into a steam bath. The generator fits in the linen closet.

HIDDEN HELPERS Noteworthy products hidden from view include: a built-in central vacuum system by Hoover, a wireless home security system from AT&T, and recessed outdoor lighting by Roberts Step-Lite Systems. The home's shell is insulated with fiber-glass batts from Certainteed Corporation and cloaked below grade with Akzo's plastic-mesh drainage system.





Building a show house takes a lot of hope, stamina, professional expertise, and teamwork. Here are the folks whose creative genius and tireless energies produced our 1990 Innovation House.



(*From left*) Joe Porter, regional marketing manager, American Wood Council; Maryann Olson, project coordinator, American Plywood Association; Michael C. Ray, president, The Housing Group; Rob Bloomquist, project manager, The Housing Group; Ken Dahlin, architect.

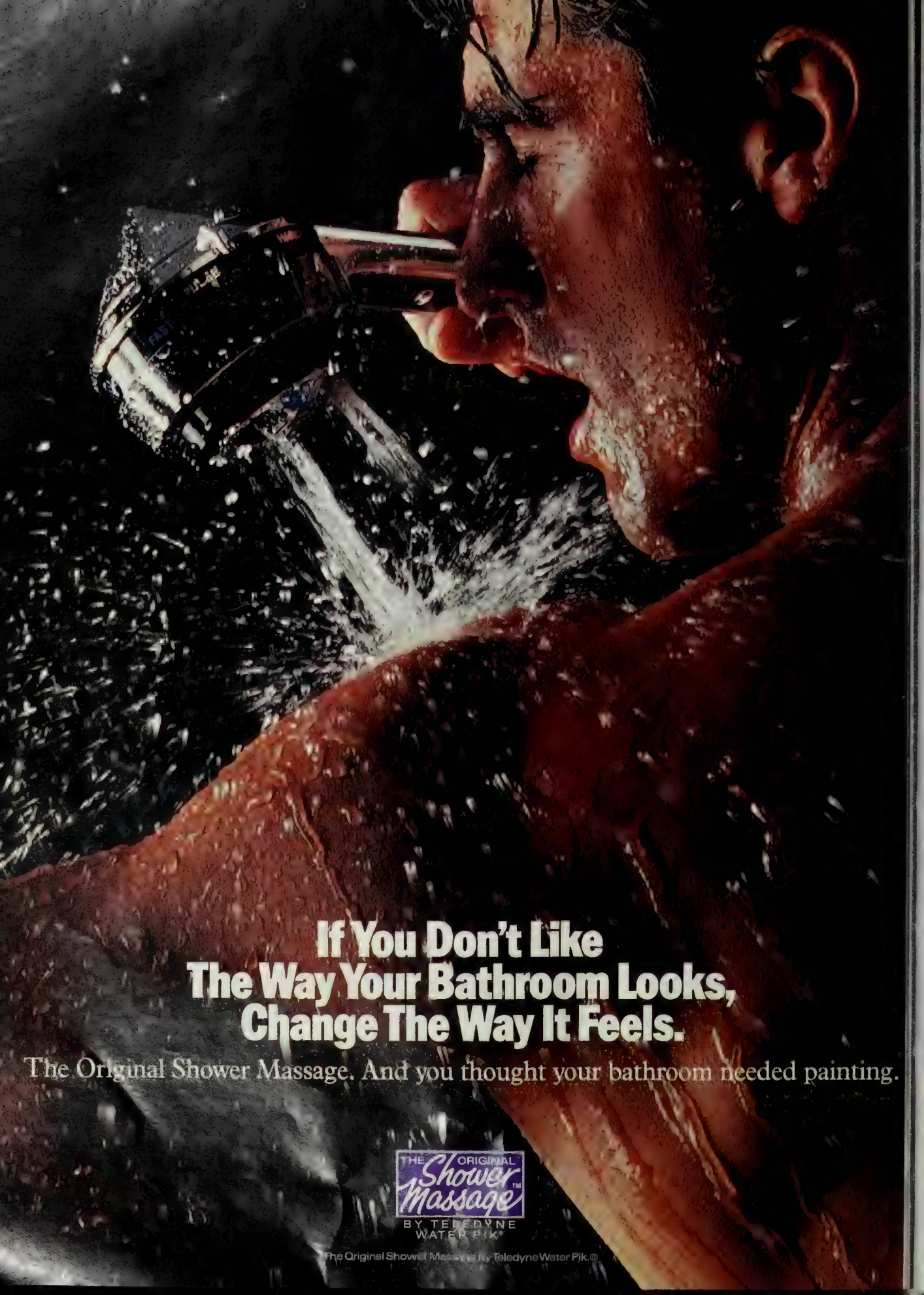


(*Left*) William L. Nolan, senior building and remodeling editor, *Better Homes and Gardens;* Robert E. Dittmer, interior design editor, *Better Homes and Gardens.*



(*Left*) Bill Martin, advertising director, The Lane Company, Inc.; Terry Allen, interior designer, the Pearson Company.

continued on page 85


If You Don't Like
The Way Your Bathroom Looks,
Change The Way It Feels.
The Original Shower Massage. And you thought your bathroom needed painting.
THE ORIGINAL
Shower Massage™
BY TELEDYNE
WATER PIK®
The Original Shower Massage by Teledyne Water Pik.®

BUYING GUIDE

DESIGN SERVICES

Architect—Ken Dahlin, 1715 Winddale Dr., Racine, WI 53402. **Landscape design**—Matarazzo Design, Inc., 9 Hills Ave., Concord, NH 03301. **Builder**—The Housing Group, 111 Alderman Dr., Suite 290, Alpharetta, GA 30201-4143.

EXTERIOR PRODUCTS

Roofing—CERTI-LAST 30-year warranty cedar shakes, Cedar Shingle & Shake Bureau, 515 116th Ave., NE, Suite 275, Bellevue, WA 98004. **Plywood siding**—American Plywood Assn., P.O. Box 11700, Tacoma, WA 98411. **Stamped concrete driveway, patio, walk**—Bomanite Corp., 81 Encina Ave., Palo Alto, CA 94301. **Garage doors**—Roll-lite Overhead Doors, 10407 Rocket Blvd., Orlando, FL 32824-8512. **Entry doors**—Morgan Products Ltd., 601 Oregon St., P.O. Box 2446, Oshkosh, WI 54903-2446. **Door hardware**—Weiser Lock, 5555 McFadden Ave., Huntington Beach, CA 92649. **Exterior paint**—Pratt and Lambert, P.O. Box 22, Buffalo, NY 14240. **Windows**—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Greenhouse bump-out**—Lindal Cedar Homes, 4300 S. 104th Place, P.O. Box 24426, Seattle, WA 98124. **Insulation**—CertainTeed Corp., 750 E. Swedesford Rd., P.O. Box 860, Valley Forge, PA 19482-0105. **Foundation drainage system**—Akzo Industrial Systems Co., P.O. Box 7249, Asheville, NC 28802. **Treated lumber for front and rear decks**—CSI, One Woodlawn Green, Charlotte, NC 28217; Southern Pine Marketing Council, P.O. Box 52468, New Orleans, LA 70152. **Pyramid skylight**—Sunglo Skylight Products, 3124 Gillham Plaza, Kansas City, MO 64109. **Recessed strip lighting**—Roberts Step-Lite Systems, Inc., 4501 North Western Ave., Oklahoma City, OK 73118.



Your sauce is thickening? Greet visitors via Aiphone's closed-circuit TV intercom.



Our 90s Modern kitchen blends appliances seamlessly with the built-ins. Here, Amana's Radarange microwave oven and 24-inch-deep refrigerator team up with Dacor's Convection Plus oven.

INTERIOR PRODUCTS

Interior paint—Pratt and Lambert (address above). **Kitchen cabinets**—Rutt, Rte. 23, Goodville, PA 17528. **Bath cabinets**—Batesville Woodworks, Rt. 1, Goshen Creek Road, Clarksville, GA 30523. **Ceramic tile**—American Olean Tile Company, 1000 Cannon Ave., Lansdale, PA 19446-0271. **Doors**—Morgan Products, Ltd. (address above). **Countertops**—Du Pont Corian, Solid Service Products, Du Pont Co. Room G51519, Wilmington, DE 19898. **Window blinds**—Graber Industries, Graber Plaza, Middleton, WI 53562-1096. **Hardwood flooring**—National Oak Flooring Assn., P.O. Box 3009, Memphis, TN 38173-0009. **Plumbing fixtures**—American Standard, Plumbing Products Group, 1 Centennial Plaza, P.O. Box 6820, Pascataway, NJ 08855-6820. **Cabinet hardware**—Sugatsune America, Inc., 221 E. Selandia Lane, Carson, CA 90746. **Door hardware**—Weiser Lock (address above). **Carpet,** "Celebrity"—Genesis, Certified by Amoco, 900 Circle 75 Pkwy., Suite 550, Atlanta, GA 30339; 800/543-6374. **Wood paneling**—Western Wood Products Assn., 1500 Yeon Bldg., Portland, OR 97204. **Intercom system**—Aiphone Corp., 1700 130th Ave., P.O. Box 90075, Bellevue, WA 98009.

ROOM BY ROOM

Pages 68–69: Table lamp—Koch + Lowy/PAS, 21-24 39th Ave., Long Island City, NY 11101. **Mirror, marble globe**—Storehouse, 2403-D Johnson Ferry Rd., NE, Atlanta, GA 30341. **Doors**—Morgan Products Ltd. (address above). **Heat circulating fireplace, fireplace doors**—Superior Fireplace Co., 4325 Artesia Ave., Fullerton, CA 92633. **Fireplace tools, tin house, black plate, earthenware jugs,**



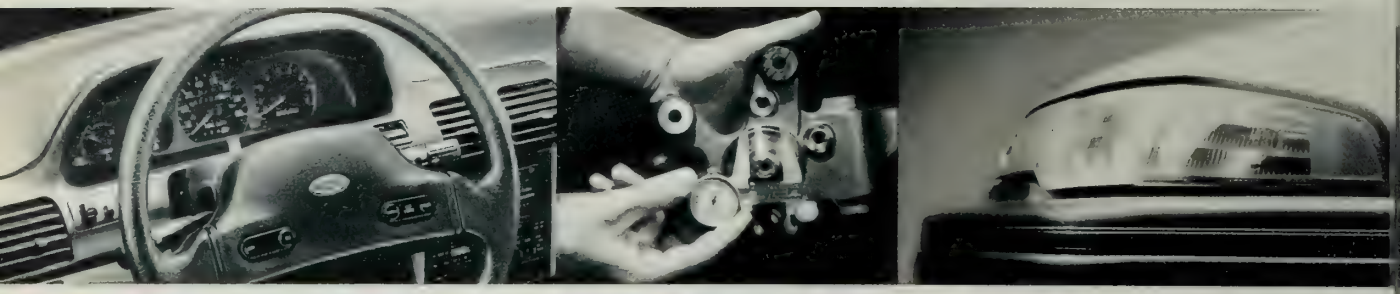
Capri's track system delivers three lighting modes on one track.

continued on page 88

The 1991 Ford Escort. Big thinking in a new small car. The 1991 Escort Sedan, Wagon and GT mark a new era for the small car at Ford. By incorporating some of the best thinking from around the world and taking a new approach to the design, engineering and building of this new line of cars, we achieved dramatic results:

A new line of thought. A new line of cars.

Three very different cars that will make a very big difference.





Its engineering, state-of-the-art. The way it's engineered is another way this Escort makes a difference. Its powerplant, a 1.9 liter four-cylinder, employs Sequential Electronic Fuel Injection for improved performance feel. Up to now, this feature was found only on larger, more expensive cars.

To reduce engine noise and vibration, Escort offers an isolated powertrain subframe which, along with a longer wheelbase, new front and rear independent suspension designs, and new rack-and-pinion steering, delivers a ride that's smooth, quiet and confident. Something you don't always associate with a small car.

Its design is advanced. The new Escort Sedan brings a refreshing level of design sophistication to its class. Inside, it makes efficient use of space, allowing room for five. You can even reach the cargo area from the inside, thanks to a convenient split/fold rear seat.

Escort's exterior design specifies an exacting fit and finish. Semiflush glass and integrated headlamps contribute to its aero shape which registers a low .34 coefficient of drag (Cd).

The manner in which this new Escort barely makes a ripple in the wind is just one of the reasons it's going to cause quite a stir.





Buckle up — together we can save lives.

Our goal: Build a car to rival any small car in the world. We set the goal, then set out to achieve it, spending two billion dollars on design and engineering; on the retooling and development of state-of-the-art manufacturing facilities; and on extensive training programs for the people who build these cars.

The look and feel of this Escort tells us our money was well spent. But, more importantly, it tells us that yours will be, too.

The New Escort

Have you driven a Ford...lately? Ford

Indian pottery—Storehouse (address above). **Chairs, ottoman**—The Pearson Co./The Lane Co., Inc., 1420 Progress St., High Point, NC 27260. **Area rug, rug on ledge, pillows**—The Kilim Collection, 22 Bennett St., Atlanta, GA 30309. **White bowl**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Floor lamps**—Paul Hanson Co., 610 Commercial St., Carlstadt, NY 07072. **End table,** "Coronado II Group"—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517.

Pages 70–71: Dining table, chairs—The Lane Co. (address above). **Pillows, rug on table**—The Kilim Collection (address above). **Blue bowl**—Storehouse (address above). **Leather chairs, armchairs, chaise**—The Pearson Co./The Lane Co. (address above). **Hanging lights**—Koch + Lowy (address above). **Floor lamps**—Paul Hanson Co. (address above). **End table,** "The Atlantis Group"—The Lane Co. (address above). **Piano**—Baldwin Piano & Organ Co., 422 Wards Corner Rd., Loveland, OH 45140.

Pages 72–73: Refrigerator, microwave—Amana Refrigeration, Amana, IA 52240. **Convection oven, cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91105. **Garbage disposal, hot water dispenser**—In-Sink-Erator, Division of Emerson Electric Co., 4700 21st St., Racine, WI 53406. **Trash compactor**—KitchenAid, 701 Main St., St. Joseph, MI 49085-1392. **Wicker chairs**—Lane/Venture, P.O. Box 1029, Conover, NC 28613. **Table,** "The America Collection"—The Lane Co. (address above). **Birdhouse**—Curry and Co., 45 Bennett St., Atlanta, GA 30309. **Chicken, teakettle, pitcher, napkins, place mats, bottles**—Williams-Sonoma, Mail Order Dept., P.O. Box 7456, San Francisco, CA 94120-7456. **Bowls**—Pier 1 Imports (address above).

Page 74 (*top*): Shower enclosure—Global Glass & Mirror, 2205 Sunrise Circle, Cumming, GA 30130. **Steam shower, steam shower controls**—Steamist Co. Inc., One Altman Dr., Rutherford, NJ 07070. **Mirrors**—Eddie Grooms, 2365 Indio Court, Jonesboro, GA 30236. **Lighting**—Prescolite, P.O. Box 100725, Atlanta, GA 30384. **Towels**—Williams-Sonoma (address above).

Page 75: Bed, dresser, bedside table, chair—Lane/Venture (address above). **Table at foot of bed,** "The Atlantis Group"—The Lane Co. (address above).



Somma's computer-controlled air bed adjusts to desired firmness.

Mirror, "The America Collection"—The Lane Co. (address above). **Linens**—Sheridan, P.O. Box 164, Greenville, SC 29602; 800/777-9563. **Mattress,** "Sommaire"—Somma Mattress Co., 3760 Union Pacific Ave., Los Angeles, CA 90023. **Floor Lamps**—Artemide/Illuminations, Inc., 1980 New Hwy., Farmingdale, NY 11735. **Cups, saucers**—Williams-Sonoma (address above).

Pages 76–77 (*left*): Under-counter wine cooler—Kedco, 475 Underhill Blvd., Syosset, NY 11791. **Microwave**—Amana Refrigeration (address above). **Track lighting**—Capri Lighting, 6430 E. Slauson Ave., Los Angeles, CA 90040. **Vinyl floor tile**—National Flooring Co., P.O. Box 354, Florence, AL 35631. **Glasses**—Williams-Sonoma (address above). (***Top right***): **Chairs, ottoman**—The Pearson Co./The Lane Co. (address above). **Audio-video system**—Bang & Olufsen of America, 1150 Feehanville Dr., Mount Prospect, IL 60056. **Bird house**—Curry & Co. (address above). (***Bottom right***): **Band saw, wood clamps, easel, stool**—K mart, International Headquarters, 3100 W. Big Beaver Rd., Troy, MI 48084.



Carrier's HydroTech 2000 heat pump preheats household water.

Page 78 (*top left*): Chairs, ottoman—The Pearson Co./The Lane Co. (address above). **Desk**—The Lane Co. (address above). **Lamp**—Target Stores, 33 S. 6th St., Minneapolis, MN 55440. **Rug**—The Kilim Collection (address above). (***Top right***): **Corner window**—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Lamps**—Target Stores (address above). **Chests, bed**—The Lane Co. (address above). **Linens**—Sheridan (address above). **Bandboxes**—Storehouse (address above). (***Center left***): **Outdoor furniture,** courtesy of Sun Company—Brown Jordan, P.O. Box 5688, El Monte, CA 91734. **Sconce lighting**—Visa Lighting, 8600 West Bradley Rd., Milwaukee, WI 83244. (***Center right***): **Table, chairs, plant stands**—The Lane Co. (address above). (***Bottom left***): **Trash compactor**—KitchenAid (address above). **Garbage disposal, hot water dispenser**—In-Sink-Erator (address above). **Dishwasher**—Amana Refrigeration (address above). **Rug**—Williams-Sonoma (address above). **Mixer**—Black & Decker, Household Appliances Group, 6 Armstrong Road, Shelton, CT 06484. **Birdhouse**—Curry & Co. (address above). (***Bottom right***): **Table,** "The America Collection"—The Lane Co. (address above). **Chairs**—Lane/Venture (address above). **Hanging light**—Becker Manufacturing, 14825 Salt Lake Ave., City of Industry, CA 91746.

Page 83 (*top left*): Shower enclosure—Global Glass & Mirror (address above). (***Top right***): **Mirrors**—National Assn. of Mirror Manufacturers, 9005 Congressional Ct., Potomac, MD 20854. **Wallpaper,** "Laser 2 Village"—FSC Wall coverings, 79 Madison Ave., New York, NY 10016. **Towels**—Williams-Sonoma (address above). (***Center right***): **Steam shower controls**—Steamist Co. (address above).

Page 85 (*top*): Refrigerator, microwave—Amana Refrigeration (address above. **Oven**—Dacor (address above). **Blender**—Black & Decker (address above). (***Bottom right***): **Track lighting**—Capri Lighting (address above).



How's this for openers?

Introducing a huge improvement to your kitchen. It's called the Take-out Counter and it lets you have instant access to the foods you want to get to most.

For instance, an ice-cold gallon of milk is always right where you want it. And when the Take-out Counter is completely open, there's enough counter space to make a 2-foot sandwich.

But, as we say, that's just for openers.

Because, perhaps the most incredible feature of the Take-out Counter is that each one comes with 25 cubic feet of the most intelligently designed refrigerator—the GE SpaceCenter 25. With conveniences like deep-door shelves that can hold 3-liter bottles. And Quick Serve™ trays that pop right into the microwave.



Of course, if you have any questions, just call the GE Answer Center® service at 800-626-2000. You'll find they're open, even when the SpaceCenter 25 isn't.

We bring good things to life.





BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the listing.

ROOM ARRANGING MADE EASY

Page 93: Fabric on wicker sofa—Souleiado, 7318 North Western, Oklahoma City, OK 73118.

Pages 94–95 (*lower left*): Wall paint and trim, "Seed Pearl"—Pratt & Lambert, 75 Tonawanda St., Box 22, Buffalo, NY 14240. **Fabric on chairs**—Souleiado, 7318 North Western, Oklahoma City, OK 73118. **Serigraph over mantel,** "A Well Bred Painting"—P. S. Gordon, M. A. Doran Gallery, 3509 S. Peoria, Tulsa, OK 74105. **Three paintings on opposite wall,** "Red Dining Room," "Let's Sit Awhile," "April Storm"—Peggy Jester, Artist's Gallery, Inc., 206 4th St., West Des Moines, IA 50265. **(*Right*): Sofa fabric**—Souleiado, 7318 North Wester, Oklahoma City, OK 73118.

Page 96: Woven rug—Thomas K. Woodard, 835 Madison Avenue, New York, NY 10021.

Page 98: TV—JVC, 3012 Malmo Dr., Arlington Heights, IL 60044. **Stereo**—Bang & Olufson of America, 1150 Feehanville Dr., Mt. Prospect, IL 60056. **Electronics cabinet**—Cabinet & Counter Design, 5125 N. Damen St., Chiago, IL 60625. **Window**—Rolscreen Company, 100 Main St., Pella, IA 50219. **Table, chairs**—Karl Mann, 1611 Merchandise Mart, Chicago, IL 60654. **Floor tile**—Hispanic Designe, 6125 N. Cicero Ave., Chicago, IL 60646.

FRESH FROM THE FARM

Page 102–103 (*right*): Embroidery floss—DMC Corporation, P.O. Box 500, Port Kearny, Bldg. 10, South Kearny, NJ 07032-0500. **Cross-stitch fabric** Zweigart—courtesy of Rose Garden Needlework and Crafts, P.O. Box 261, Madison, TN 37115.

Page 104 (*left and top left*): Embroidery floss—DMC Corporation, P.O. Box 500, Port Kearny, Bldg. 10, South Kearny, NJ 07032-0500. **Cross-stitch fabric**—Zweigart—courtesy of Rose Garden Needlework and Crafts, P.O. Box 261, Madison, TN 37115.

PANTRY STORY

Page 124: White bowl—Wolfman Gold & Good Company, 116 Green St., New York, NY 10012.

Page 125: Plate—Crate & Barrel, 1510

N. Wells St., Chicago, IL 60610.
Page 126: Plate—Barneys, 7th Ave. and 7th St., New York, NY 10011. **Fork,** "Eclat"—Jean Couzon, 5 East 57th St., 7th Floor, New York, NY 10022-2553.
Page 127: Plate, "Wave"—Vietri Incorporated, P.O. Box 460, Hillsborough, NC 27278. **Fork,** "Web"—Sasaki, 41 Madison Ave., New York, NY 10010.
Page 128: Red plate—Waechtersbach USA, Incorporated, 8300 NE. Underground Dr., Kansas City, MO 64161. **Black underliner plate**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020.
Page 133: Plate—Barneys, 7th Ave. and 7th St., New York, NY 10011. **Glass,** "Park Avenue"—Anchor Hocking Glass Corporation, Box 600, Lancaster, OH 43130.
Page 134: Spoon and fork, "Windows"—Sasaki, 41 Madison Ave., New York, NY 10010. **Small plate,** "Tuxedo"—Swid Powell, 213 East 49th St., New York, NY 10017. **Underliner plate,** "Metropolis Black"—Sasaki, 41 Madison Ave., New York, NY 10010. **Cup**—Hearth and Home Designs, 7541 Woodman Place, Van Nuys, CA 91405. **Skillet**—LeCreuset of America, Box 575, River Rd., Yemassee, SC 29945. **White plates**—Waechtersbach USA, Incorporated, 8300 NE. Underground Dr., Kansas City, MO 64161. **Cheese grater**—Foley Company, 3300 Fifth St., NE, Minneapolis, MN 55418.

PRIZE TESTED RECIPES®

Page 143 (*Right*): Game, "Sorry"—Parker Brothers, 50 Dunham Rd., Beverly, MA 01915. **(*Left*): Turquoise rimmed glass**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.
Page 144 (*left*): Yellow plastic cup—Fortune's, 150 Chestnut St., San Francisco, CA 94111-1004.

DIRECTORY OF ARCHITECTS, DESIGNERS

ROOM ARRANGING MADE EASY

Pages 93–95: Architect: Jack Arnold, A.I.A., 7318 S. Yale, Tulsa, OK 74136.

FRESH FROM THE FARM

Page 101: Fabric Tractor, Tractor Stencil, **Designer:** Susan Carson.
Page 102: Bovine Border, **Designer:** Jim Williams. Farmyard quilt, **Designers:** Jim Williams and Kathy Moore. Plymouth Rock Hens, **Designer:** Phyllis Dunstan.
Page 103: Pine cupboard, **Designer:** Bruce Cram. Farm-Motif Stitcheries, **Designer:** Nancy Kluender.
Page 104: Barnyard Sampler, Old MacDonald's Apron, **Designer:** Nancy Kluender. Barn-Style birdhouse, **Designer:** Jil Severson.
Page 105: Reginald the Fox, **Designer:** Phyllis Dunstan.
Page 109: Three Little Pigs and Mom, **Designer:** Phyllis Dunstan.





Beautiful Carpets Should Also Smell Clean And Fresh.



Introducing Luxurious, Stain-Resistant Carpet With ODOR-GUARD™... Exclusively from Coronet Carpets.

- Fights Household Odors.
- Keeps Your Home Naturally Fresh.

Coronet Carpets, one of the world's leading carpet producers, has teamed up with ARM & HAMMER,® the most trusted name in household odor protection, to bring you what are simply the finest carpets made. Carpets that are luxuriously plush, beautifully styled and colored, stain and static resistant, now feature built-in protection against odors—with Odor-Guard.™

Create a fresh and natural environment for those you love. Insist on Odor-Guard,™ odor protection that lasts.

Sniff out the beautiful selection of Odor-Guard™ carpets, featuring Anso V Worry-Free® carpet fiber, at your local Coronet dealer.

Coronet CARPETS ODOR-GUARD BUILT-IN FRESHNESS ARM & HAMMER®

Keep your carpets odor free year after year with regular use of ARM & HAMMER® Carpet & Room Deodorizer.

The ARM & HAMMER logo and the words "ARM & HAMMER" are the registered trademarks of Church & Dwight Co., Inc.

Coronet CARPETS

Carpets that make a difference!

ROOM ARRANGING MADE EASY



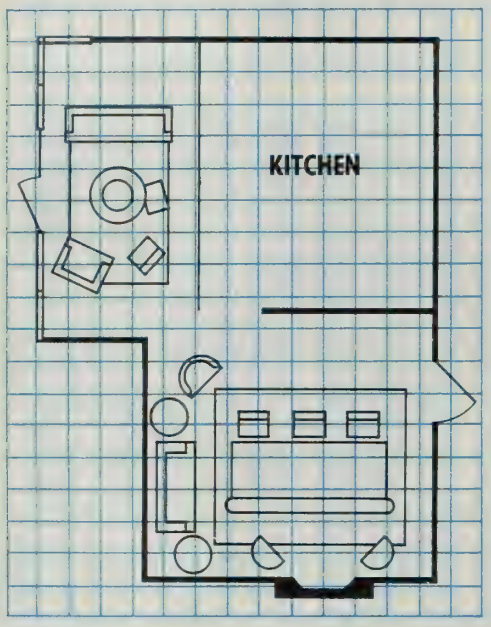
BY SANDRA S. SORIA

ONCE UPON A TIME, ROOMS WERE AS PREDICTABLE AS THE I.R.S. IN THE SPRING. YOU ATE IN THE DINING ROOM, PLAYED IN THE FAMILY ROOM, AND RESERVED THE LIVING ROOM FOR COMPANY. TODAY'S OPEN FLOOR PLANS AND DO-IT-ALL GREAT-ROOMS MAKE THOSE OLD ROLES OBSOLETE. WHAT'S NEW: CHOOSING AND ARRANGING FURNITURE TO MAKE ANY SPACE LIVE THE WAY *YOU* NEED IT TO. WANT TO MAKE NEW ARRANGEMENTS AT YOUR PLACE? STUDY THESE ROOMS, THEN GET OUT THE GRAPH PAPER (OR ORDER OUR KIT).

continued on page 94

To order our room-arrangement kit, see page 163.

RETHINK YOUR SPACES



In this Tulsa ranch house, owner Nancy Ingram tossed aside room labels and arranged the spaces for how her family really lives. At one time, the Ingrams used their modified-L floor plan in the expected way: the area off the kitchen was for dining; the front room for sitting. Then, Nancy realized there had to be a better plan. "Our guests hovered around the dining table to enjoy the sunny space and visit with the cook," she says. "The problem was, the bench was uncomfortable to sit on for long periods of time." So, they traded places—shuffling the cozy seating pieces to the window-lined space and placing the harvest table in front of the hearth. "Now the cook is part of the action before the meal is served," reports Nancy, "and it's wonderful to eat by the fire on chilly evenings."

continued on page 96



A crackling fire and access to the kitchen make this former living room an inviting dining spot.

PHOTOGRAPHS: GENE JOHNSON. ILLUSTRATIONS: MIKE HENRY
ARCHITECT: JACK ARNOLD, AIA. REGIONAL EDITOR: NANCY E. INGRAM



Though slated for dining, this sunny spot with a view seemed a likely place to entertain or to simply kick back.

FLOAT YOUR FURNITURE

Resist the urge to put your backs against the wall. Instead, snuggle pieces together for coziness in a big room.

PHOTOGRAPHS: BARBARA MARTIN, REGIONAL EDITOR: MARY ANNE THOMSON

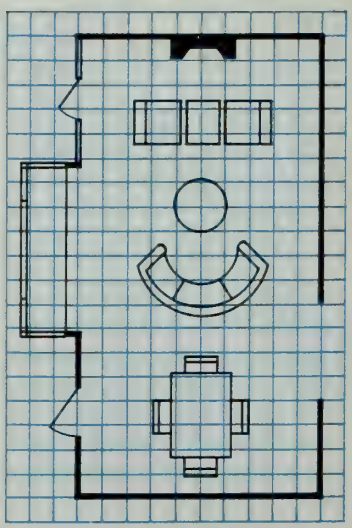


The curved love seat turns its back on the dining table to form a wall between the two areas.

To order our room-arrangement kit, see page 163.

Rather than line walls with furniture in waiting-room fashion, place islands of comfort in the center of a space to create intimacy and better traffic flow. This St. Louis family used the hearth as an anchor, then dropped in a tête-à-tête of sectional seating as a building block for the arrangement. A curvy love seat directs traffic between the room's conversation and dining groups, while it points the way to an exterior door and wet bar.

continued on page 98



90 Peachtree. *See dealer for complete warranty details.



UNTIL NOW, DOORS WERE ATTRACTIVE OR INSULATED, BUT NEVER BOTH.

NEWPORT

Introducing the Peachtree Newport—the premier door from America's premier door company. It looks like a very expensive oak door. But actually it's an advanced composite material that's fully insulated, easy to finish and guaranteed for as long as you own it.* For a Newport brochure, call 1-800-447-4700.

PEACHTREE
DOORS AND WINDOWS

DIVIDE AND CONQUER

PHOTOGRAPHS: JIM HEDRICH; REGIONAL EDITOR: MARGARET ANN FOWLER

You won't find an 8-foot sofa here; smaller seaters are easier to arrange in a long, narrow room.

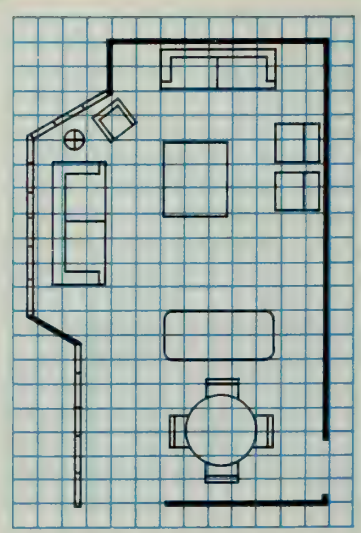


This unit pulls double duty: It entertains on one side of the room, serves meals on the other.

To order our room-arrangement kit, see page 163.

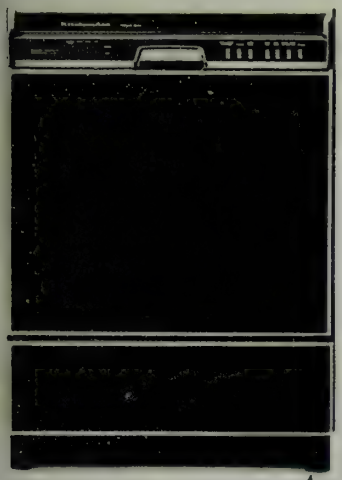
To battle their great-room's tunnellike dimensions, the Young family got strategic; they placed a long, low storage piece crosswise in the space's center, breaking it into two "rooms." In another bold move, they spanned the end wall with posters to visually widen the space.

Inspired to get moving at your place? Before you start pushing your furniture around, order our room-arrangement kit. You'll receive the materials to plot your moves on paper first.





A KITCHENAID CAN OUTLAST A KITCHEN.



That doesn't surprise you, does it? After all, over the past 40 years KitchenAid® dishwashers have earned a reputation for durability people can count on.

And in addition to that outstanding durability, KitchenAid dishwashers have also earned a reputation for giving people outstanding performance.

For example, we reduced loud dishwasher noise with our sound-absorbing Whisper Quiet™ system.

We've virtually ended hand rinsing, with a system that strips off leftover food and carries it away.

Plus, we offer thoughtful details, such as extra cushioning on the tips of the pins in our top rack to help protect your delicate glassware. And a ChinaGuard™ Protector to keep dishes from getting hit by the wash arm. And, of course, we offer a look that is at once stylish and classically timeless, as you can see from the 20-year-old dishwasher in the picture above.

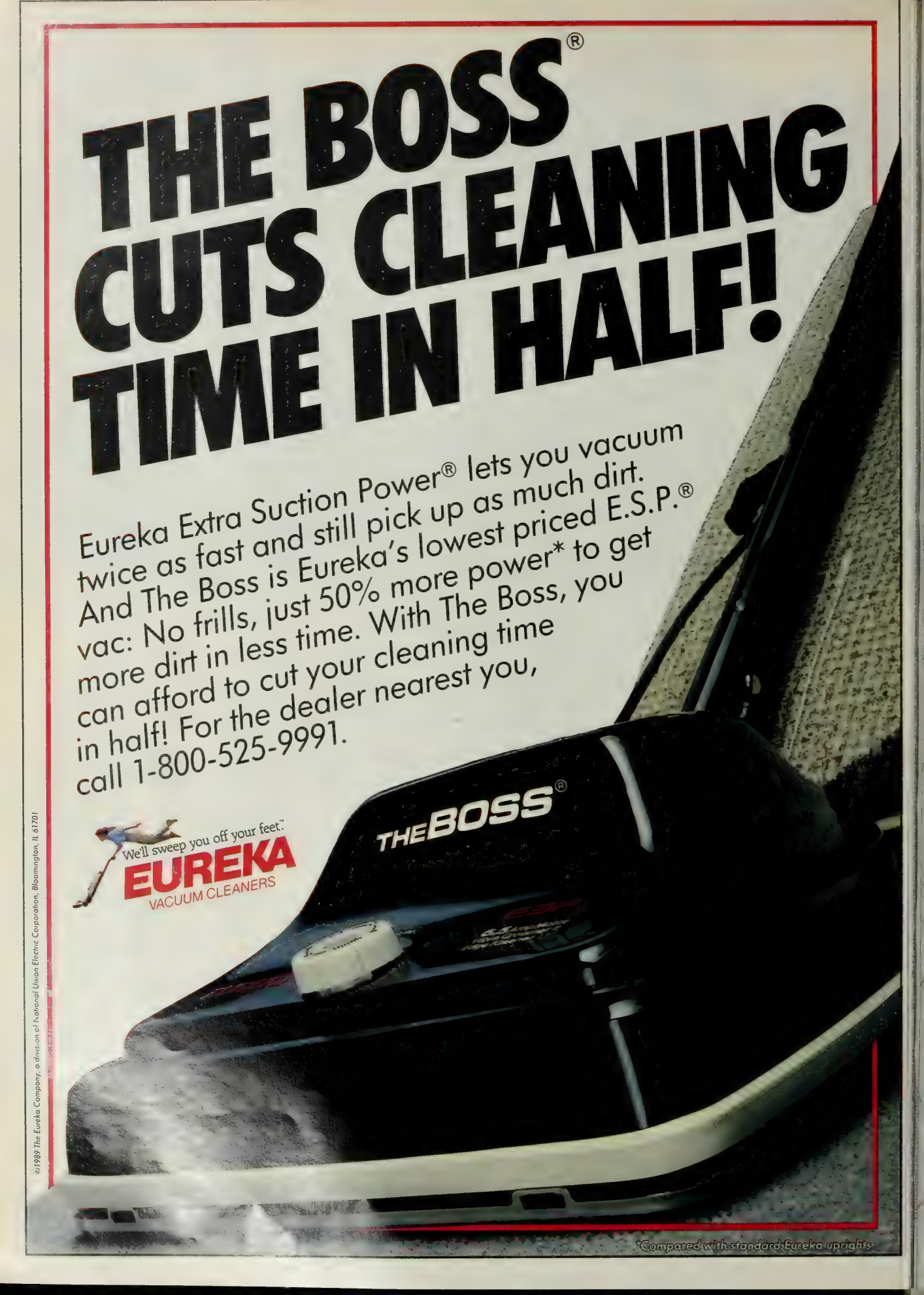
So if you're looking for a new dishwasher, look to KitchenAid for the ones that will last and last and last.

For KitchenAid literature and the name of the dealer nearest you, call us toll-free at 1-800-422-1230.

KitchenAid®
FOR THE WAY IT'S MADE.™

THE BOSS® CUTS CLEANING TIME IN HALF!

Eureka Extra Suction Power® lets you vacuum twice as fast and still pick up as much dirt. And The Boss is Eureka's lowest priced E.S.P.® vac: No frills, just 50% more power* to get more dirt in less time. With The Boss, you can afford to cut your cleaning time in half! For the dealer nearest you, call 1-800-525-9991.



We'll sweep you off your feet.™

EUREKA

VACUUM CLEANERS

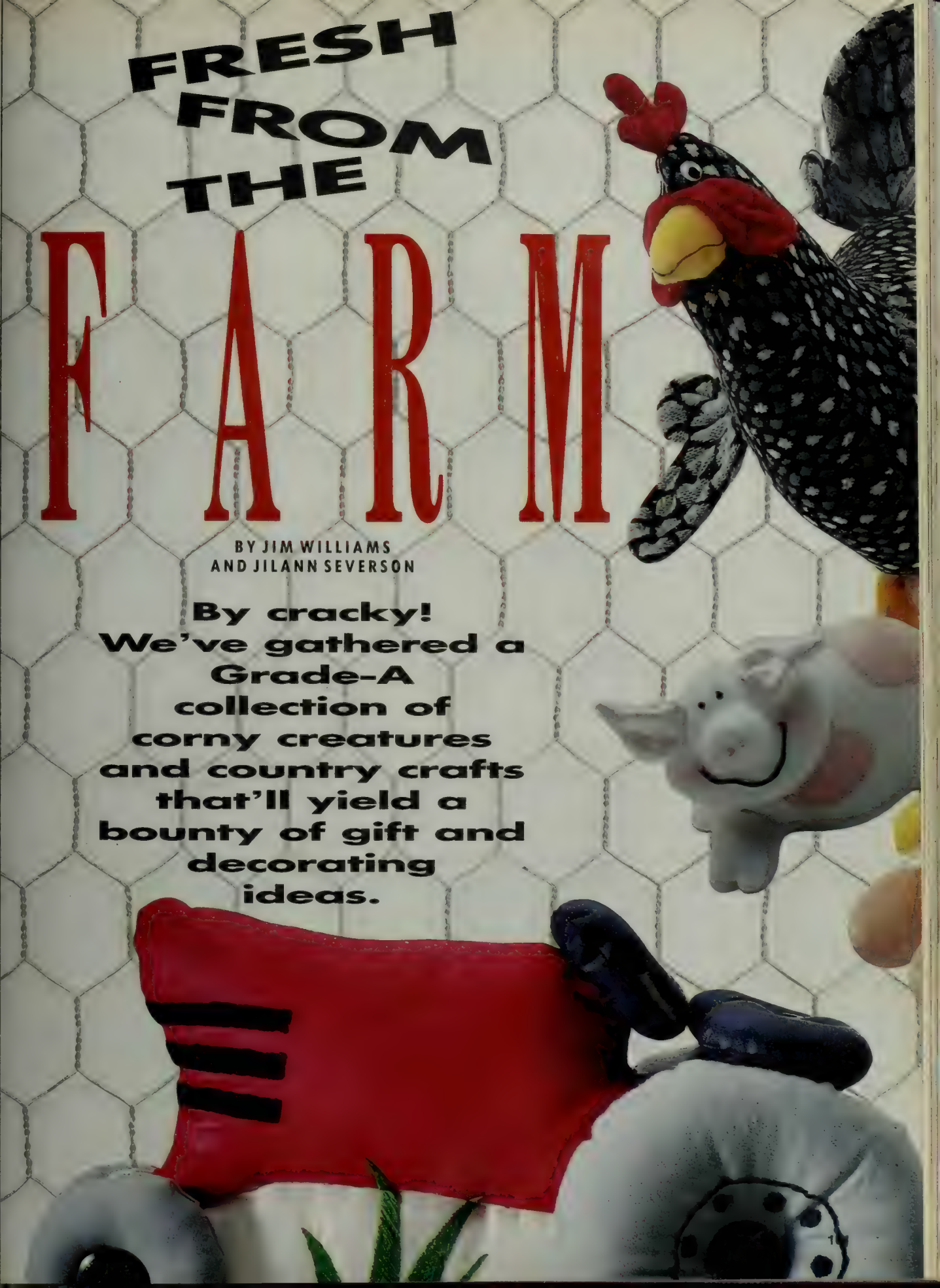
*Compared with standard Eureka uprights.

©1989 The Eureka Company, a division of National Union Electric Corporation, Bloomington, IL 61701

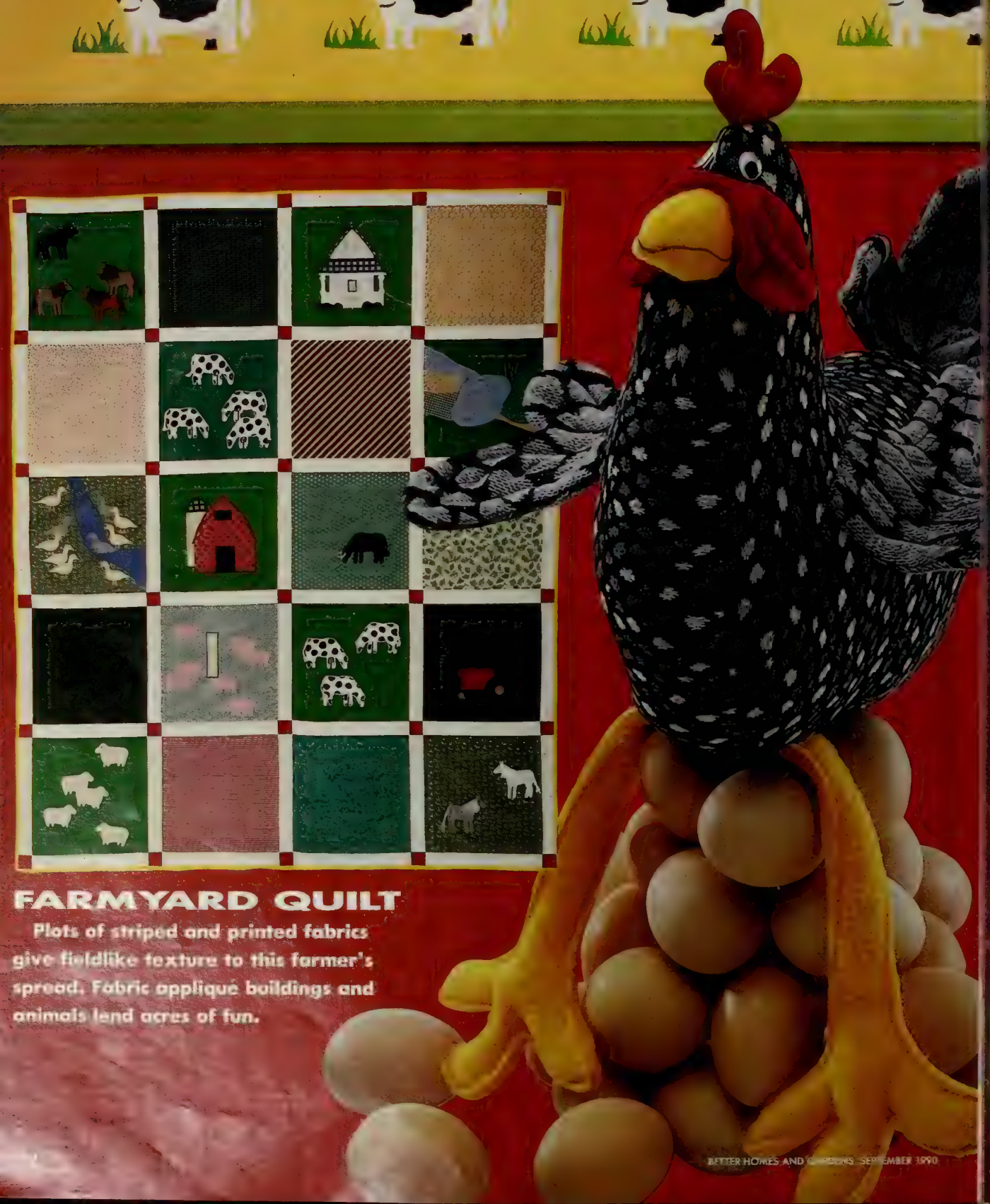
FRESH FROM THE FARM

BY JIM WILLIAMS
AND JILANN SEVERSON

By cracky! We've gathered a Grade-A collection of corny creatures and country crafts that'll yield a bounty of gift and decorating ideas.



Fresh From The Farm



FARMYARD QUILT

Plots of striped and printed fabrics give fieldlike texture to this farmer's spread. Fabric appliqué buildings and animals lend acres of fun.

WHAT A CLUCKER!

Our zany layer is just a taste of what roams through our barnyard. You can't help but chortle when you meet the rest of the gang.

BOVINE BORDER

A little short of moo-lah? This herd of holsteins adds a passel of sass for not very much cash as it marches around a room. Just keep on stenciling till the cows come home.



FARM-MOTIF STITCHERIES

Place mats and napkins with moo-cow borders and the little red barn from Old MacDonald's Sampler on *page 104* brighten a farmhand's breakfast.



PINE CUPBOARD

This good-lookin' 24 × 36-inch country cupboard owes its appeal to straightforward lines and a half-dozen miniature drawers.

Fresh From The Farm

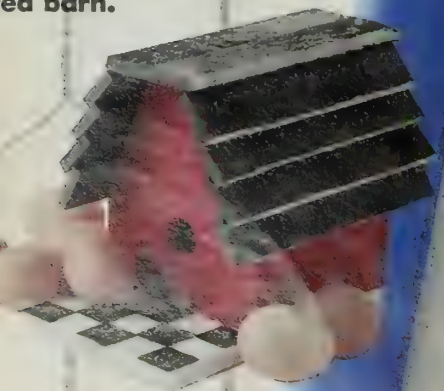


OLD MACDONALD'S APRON

The top of Old MacDonald's sampler trims a pretty down-home pinafore.

BARN-STYLE BIRDHOUSE

City birds as well as their country cousins will have a heyday in their very own lofty little red barn.





EE-IGH-EE-IGH-OH

Sample a bit of the country life with a stitched-up version of Old MacDonald's farm. Easy-to-do motifs and borders add up to a cash crop of charm. Then dash off a silo-shaped frame from a scrap of wood to make it all stand tall.

FARMYARD FOES

Gol' durn it, Pa, that pesky old fox is in the henhouse again! But these giddy girls know better than to run from Reginald. He's nothing but a cuddly critter with a big appetite for hugs.



Buying information, see page 90.

Instructions begin on page 106.

To order kits, patterns, and project plans, see page 163.

Design credits, see page 91.

FRESH FROM THE FARM

continued from page 105

FARMYARD QUILT, page 102

To order full-size pattern, see page 163.

Materials: 45-in.-wide fabric in the following amounts and colors: ¼ yd. red for squares, 1½ yd. white for sashing, 5½ yd. for backing; twenty 16½-in. squares tan, brown, and green fabrics for field blocks; 10 yd. 1½-in.-wide gold binding; fabric scraps for animal and building appliqués; scrap nylon net for door screen; scrap eyelet for house trim; 4 yd. Wonder-Under transfer web; 81×96-in. quilt batting; black, brown, gray, pink, and white embroidery floss; ¼-in. metal ring for bull's nose; matching threads; clear nylon thread.

Instructions: Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Finished size, approximately 75×93 in.

Enlarge patterns (*below*) to scale (800 percent). *Note:* Cut as many of each animal as desired and place randomly in fields.

Appliqué: Fuse transfer web to appliqué fabrics according to manufacturer's directions. Transfer patterns to fabrics and cut out. Fuse appliqués to appropriate squares; machine-satin-stitch around each appliqué. Cut 1½×6½-in. rectangle for pig feeding trough; fuse and stitch in place. For creek, cut diagonal piece to fit square; curve as desired to shape creek and fuse and stitch in place. *Note:* Machine-stitch netting in place for screen and eyelet for trim but do not fuse.

Details: For all animals, make French knot eyes with dark floss.

For horses, several pieces floss 3–4 in. long for tails. Pull through from back, knotting on both sides to secure. Cut additional floss to 3-in. lengths. Lay floss pieces side by side with centers along head and neck to form mane. Sew through center of floss to secure. Brush into place.

For pigs, twist pink floss to form tail; couch in place.

For geese, hand- or machine-satin-stitch webbed feet.

For cows and bull, attach 3 strands floss for tail same as for horse. Braid floss partway; knot. Fringe end. For bull, tack ring to nose. Outline-stitch horns; fill in with satin stitches.

For pond, machine-satin-stitch cattails and weeds with green and brown.

For barn, machine-satin-stitch window detail in contrasting color.

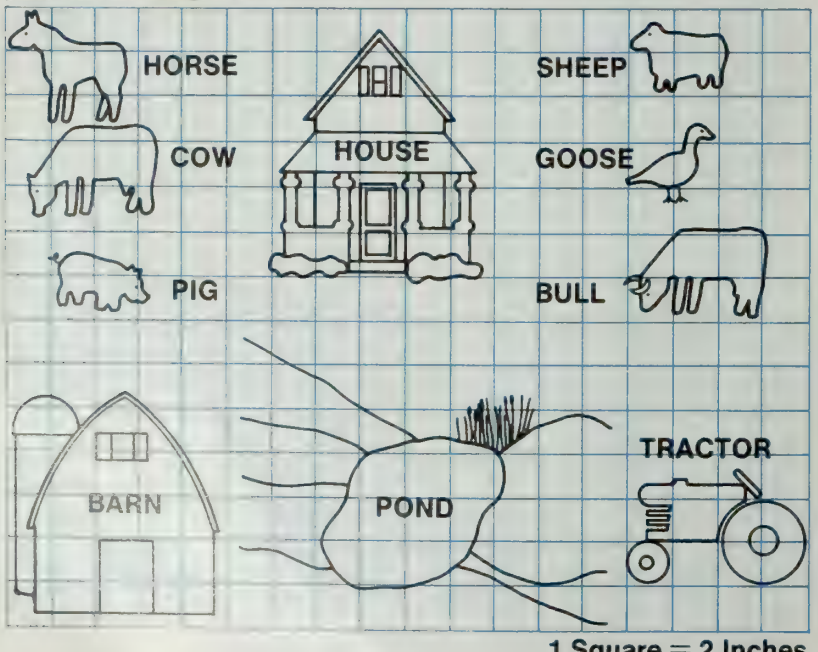
Assembly: Cut thirty 2½-in. squares from red. Cut forty-nine 2½×16½-in. white sashing strips.

Position field blocks as desired in 5 rows of 4 across. Sew blocks into horizontal rows with sashing strips between each block. Sew remaining sashing strips into rows with red square between each sashing strip. Assemble rows into quilt top with sashing rows between block rows.

Cut quilt backing to fit top, piecing backing as necessary. *Note:* Avoid piecing back down center; position seams to one side. Sandwich batting between top and backing; pin and baste to secure. Machine-quilt along sashing strips using clear thread.

Trim excess batting. Bind edges with gold binding, mitering at corners.

FARMYARD QUILT



1 Square = 2 Inches

BARN-STYLE BIRDHOUSE, page 104

To order kit, see page 163.

Materials: 5×36-in. piece ½-in. pine; ten 7½-in. pieces lath; nails; exterior wood glue; red, white, black, and dark gray exterior paint; 1-in. cube upholstery foam or sponge.

Instructions: Finished size, approximately 5×8×7 in.

Cut and label pine as follows: 2 ends 6 in. tall by 5 in. wide, 2 sides 2½ in. tall by 4 in. wide, 1 bottom 5 in. wide by 8 in. long.

To shape front and back for roof, find center of both end pieces at top. Measure out 1 in. on each side of center; mark. Measure up from bottom 2½ in. on both sides; mark. Connect markings on each side by drawing a line from top point to side point; cut.

Centered in one end, drill 1-in. hole 1¾ in. up from bottom.

Nail side pieces between ends, with lower edges flush. Nail bottom in place, flush with back. Butt 2 lath strips; nail on top of house, centered front to back. Starting from roof bottom, lay laths up sides overlapping previous lath by ⅜–½ in.; glue and nail in place.

Paint house red, base and porch white, and roof gray. Paint long exposed edges of laths white. Cut upholstery foam or sponge to exactly 1-in. square. Dip in black paint; sponge checkerboard design onto porch.

FABRIC TRACTOR, page 101

Materials: ¼ yd. each gray cotton fabric and muslin; 10×16-in. scrap red fabric; scrap black fabric; black and green embroidery floss; black buttons in following size: four 1-in. for wheel centers, two ¾-in. for seat, and one ⅜-in. for steering wheel; doll needle; polyester fiberfill.

continued on page 108

There is something else in the world with the same kind of softness as Northern.

A cuddly quilt. Its softness was all the inspiration we needed to create Northern® —the only leading bathroom tissue that's quilted.

You see, our secret is that every sheet of Northern is actually two layers quilted together for a soft, cushiony feeling.

So try Northern bathroom tissue. And discover a special kind of softness you've really always known about.



© 1989 James River Corporation

AT MARVIN, WE MAKE A LOT OF WINDOWS STRICTLY BY THE BOOK.

You're looking at the first bent glass Corner Window.™ And the fact that it's a Marvin window isn't all that surprising. What would have been startling is if someone else had developed it first.

See at Marvin, we don't make windows like everyone else. We make them one at a time, to your exact specifications. So the shapes, styles and sizes we offer are as limitless as your imagination. And our made-to-order philosophy also means you're free to choose the options you want when it comes to energy efficiency, maintenance-free exteriors, glazings, divided lites, even hardware.

So whether you're building, remodeling or just replacing an old window, don't limit yourself to what's merely acceptable. Instead, think about what's possible. And make your first choice the windows that are known for firsts. Marvin.



FRESH FROM THE FARM

continued from page 106

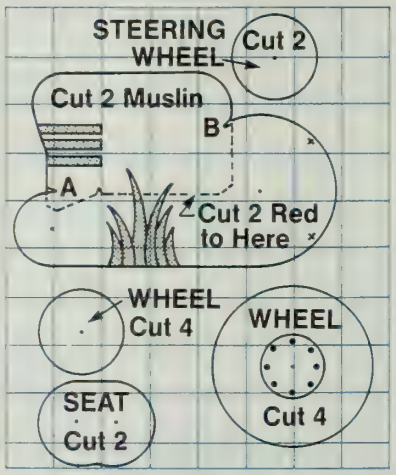
Instructions: Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Finished size, approximately 7½ × 13½ in. Enlarge pattern (*right*) to scale (800 percent). Transfer pattern and all appropriate markings to each pattern piece.

Cut out red tractor body, large and small wheel, steering wheel, and seat pieces only. Do not cut out muslin. *Note:* Red tractor body is cut along upper (dark) lines and dotted lines at sides and botton.

Hand-appliqué tractor body to muslin from A around bottom to B. Clip red fabric at V-shape markings at A, B, and by grass.

Using 3 strands floss and satin stitch, embroider grass in green and tractor grill details in black. Embroider outline on rear gray wheels with stem stitch and 3 strands black floss. Satin-stitch circles on gray front wheels with 3 strands black floss.

FABRIC TRACTOR



1 Square = 2 Inches



Appliquéd and embroidered toy tractor.

Cut out muslin, allowing seam allowances on all sides. Sew right sides together, leaving opening for turning. Turn; stuff firmly. Ease red body over muslin; slip-stitch in place. To shape tractor, stitch in the ditch along seamline that divides red body from muslin using doll needle, matching thread, and long stitches.

Sew tires, steering wheel, seat, and tractor body together in pairs, leaving opening for turning. Turn and stuff firmly; slip-stitch closed.

Sew back wheels to tractor as follows using black floss and doll needle. Knot end of floss; thread on one 1-in. button. Push threaded needle through dots on 1 tire, tractor body, other tire, and second button. Go back to first button in opposite direction, going through different holes in buttons. Pull floss tight; knot tightly. Repeat for other set of tires.

Sew ⅜-in. button to center of steering wheel. Sew ¾-in. buttons to seat as indicated.

Position steering wheel and seat on tractor; whipstitch in place.

BUT EVERY NOW AND THEN, WE LIKE TO BEND THE RULES A LITTLE.



For a look at the entire Marvin line, send for our free Idea Brochure. Or get our colorful, new 64-page "Before and After" book, filled with case histories and practical remodeling ideas. Send this coupon and your check for $4.95 to: Marvin Windows, Warroad, MN 56763. Or call **1-800-346-5128.** In Canada, 1-800-263-6161.

Name_____ BHG-0012-9

Address_____

City_____ State_____

Zip_____ Phone ( ) _____

I plan to: Build___ Remodel___ Replace___

Please send me:
___ Free Idea Brochure
___ 64-page "Before and After" Book
($4.95, postage and handling included)





MADE TO ORDER **MARVIN WINDOWS**

THREE LITTLE PIGS—AND MOM, page 101

To order full-size pattern, see page 163.

Materials: 1 yd. peach or pink robe velour; ⅓ yd. white robe velour; ¼ yd. pink crepe-backed satin; ¼ yd. Wonder Under transfer web; scrap fusible interfacing; black felt scraps; black perle cotton; peach embroidery floss; 6 small black beads for eyes; polyester fiberfill; 12-in. white pipe cleaner; white carpet thread; doll needle; powder rouge; fabric glue.

Instructions: Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Finished size of Mom, approximately 13×15 in.; finished size of little pigs, approximately 6×6 in. Enlarge pattern on *page 110* to scale (400 percent). Cut Mom and 1 piglet from pink with white spots. Cut remaining piglets from white with pink spots. *Note:* Fuse transfer web to fabric before cutting spots.

Mom's ears: Fuse interfacing to back of 6×10-in. piece satin according to manufacturer's directions. Trace ear to back of satin, reversing direction of 1 ear. Place satin right sides together with matching velour piece; sew on drawn line, leaving bottom open. Cut out; turn. Pleat raw edge, bringing dotted lines together; baste. Set aside.

Mom's head: Cut ear slits on front as marked. Slip raw edges of ears into slit; sew on dotted lines to secure. Sew head front to head back, leaving opening. Cut eyes from felt; glue or slip-stitch in place.

Mom's snout: Fuse transfer web to satin scrap according to manufacturer's directions; cut out nostrils. Fuse

continued on page 110



Velour and satin stitch up quickly into these pint-size porkers and their mom.

FRESH FROM THE FARM

continued from page 109

to snout. Fold snout on dotted line, right sides together; sew 1/16 in. from fold. Sew snout to nose along curve, matching corners and X markings. Join A sides. Turn and stuff. Slip-stitch to face as marked, turning under raw edges.

Mom's face: Using pearl cotton and entering from inside head, long-stitch corners of mouth. Couch curved length of pearl cotton in place to form smile. Stuff head; slip-stitch opening. Color cheeks with rouge; set aside.

Mom's body: Fuse spots to front. Machine-satin-stitch around spots. Sew body front to back, leaving opening. Turn and stuff; slip-stitch closed.

Mom's leg: Fuse spots to leg piece; satin-stitch in place. Sew legs together, leaving opening. Turn and stuff; slip-stitch closed. Using carpet thread and doll needle, sew leg to body, offsetting leg slightly from other leg.

Overlap head on body so about ⅓ head extends above body. Sew in place using doll needle and carpet thread.

Piglet head, ears, and snout: Make piglet head, ears, and snout same as for Mom *except* make French knot nostrils using 4 strands floss. Sew beads in place for eyes.

Piglet body: Fuse spots in place same as for Mom. Cut underbody gusset from remaining velour by placing lower half of body pattern on fabric with dotted line along fold of fabric. Cut 1 gusset. Sew gusset to front from dot to dot. Sew gusset to back from dot to dot. Sew front to back, leaving openings for tail and turning. Insert 3-in. pipe cleaner for tail; sew opening closed, sewing over pipe cleaner. Turn and stuff; slip-stitch closed. Wrap pipe cleaner around pencil to curl. *Note:* If piglet is to be child's toy, substite sewn length of velour for pipe cleaner. Sew head to body as for Mom.

BARNYARD SAMPLER, page 104

To order kit or frame, see page 163.

Materials: *For cross-stitch:* 10×20-in. piece 14-ct. white Aida cloth; DMC floss in following colors: black, white, No. 825 dark blue, No. 318 light steel gray, No. 838 very dark beige brown, No. 817 very dark coral red, No. 3346 hunter green, No. 919 red copper, No. 307 lemon, No. 972 deep canary, No. 350 medium coral, No. 920 medium copper, No. 806 dark peacock blue, No. 807 peacock blue, No. 352 light coral, No. 922 light copper.

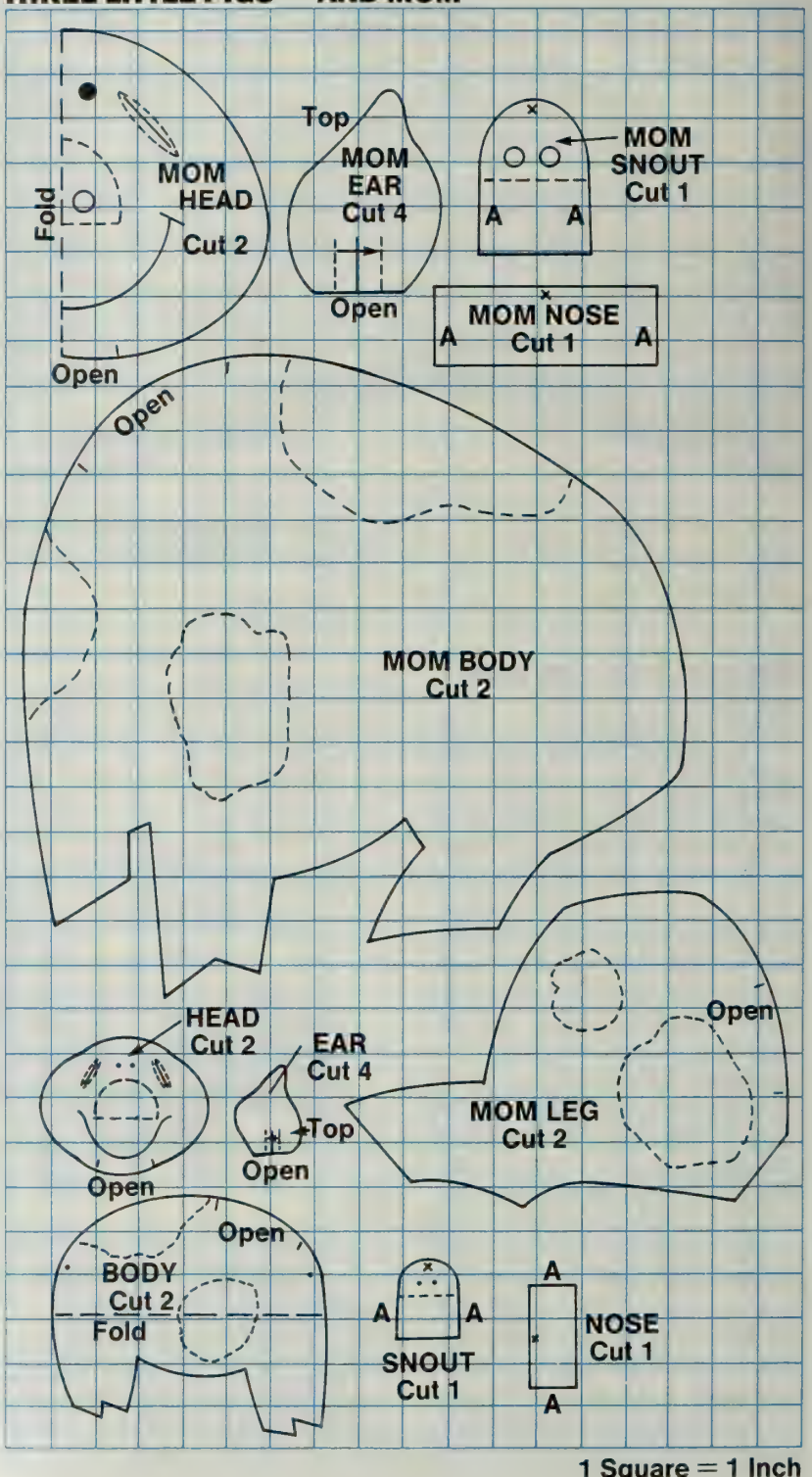
For frame: 7¼×17¾-in. piece ¾-in. fiberboard; 7×17-in. piece ¼-in. fiberboard; paint.

Instructions: Finished size, approximately 4⅜×14½ in. (stitchery only) or 7¼×17⅝ in. (framed).

For cross-stitch: Find center of chart on *page 112* and center of fabric; begin stitching here. Cross-stitch entire design using 3 strands floss over 1

continued on page 112

THREE LITTLE PIGS — AND MOM



1 Square = 1 Inch



© Lenox, Inc. 1990

Celebrate life's blessings . . .

THE LENOX CHINA CORNUCOPIA

An American masterpiece for your table . . . as rich in beauty as it is in meaning

Peace. Prosperity. And life's timeless blessings. Celebrate these cherished qualities and bring new elegance to your table with a magnificent work of art—*The Lenox China Cornucopia.*

This distinctive centerpiece is inspired by a symbol of abundance treasured in America since colonial times. Sculpted in bas-relief, the rich design portrays a bounty of fruits and blossoms from nature's garden. The intricate curves and flourishes of the cornucopia are a masterpiece of craftsmanship in fine china and pure 24 karat gold.

This Lenox® exclusive will be a greatly admired showpiece for your table for years to come. To acquire it, simply return the accompanying reservation by September 30, 1990. You need send no money with your order. 571273

Please mail by September 30, 1990.

Please enter my reservation for *The Lenox China Cornucopia,* an original work of art, to be crafted for me in fine ivory china and pure 24 karat gold.

I need send no money now. I will be billed in seven monthly installments of $17* each.

Name _____
PLEASE PRINT

Address _____

City _____ State _____ Zip _____
571273

☐ Check here if you prefer to have one charge of $119* applied to your:
☐ MasterCard ☐ VISA ☐ American Express

Acct. No. _____ Exp. _____

Signature _____

*Plus $4.25, total, for shipping and handling. Sales tax will be billed if applicable.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, Pennsylvania 19093-0620

LENOX. SINCE 1889.

FRESH FROM THE FARM

continued from page 110

thread. *Note:* Top of rooster's beak is shaped by ¾ stitch; both sides of cows' chins are shaped with ½ stitches.

Backstitching is done as follows. For "oink," "quack," "cock-a-doodle-doo," and "meow-woof" rows, backstitch using 2 strands black floss. Using 1 strand No. 838, backstitch window and door details on buildings; outline white part of house and fence in same manner. Using 2 strands No. 352, backstitch beaks and feet on chicks. Using 1 strand black, backstitch eyes and mouths of cows. Using 2 strands black, backstitch pig's mouth, cats' whiskers, and bills and feet of ducks. Using 1 strand No. 920, outline cows.

Make eyes and nose on cats, nostrils on cows, and eyes on chicks with French knots.

For frame: To shape upper curve of frame, measure down from center of top of ¾-in. fiberboard 3⅝ in. With compass at this mark, draw upper outer curve to line up with outer edges. Edge of board will form remaining edges. Mark inner dimensions 1 in. in from outer edges. Cut out.

Shape inner and outer edges with ¼-in. roundover router bit. On back of frame, rabbet inside edge. Cut ¼-in. fiberboard to fit rabbetted edge. *Note:* Insert should be slightly smaller to allow fabric to wrap around edges. Sand all edges and surfaces smooth. Paint frame as desired.

Center stitchery over insert, padding slightly if desired. Wrap excess fabric to back; trim. Place insert into frame; tack in place.

FARM-MOTIF STITCHERIES, page 103

Materials: *For each napkin:* 16½ × 16¼-in. piece 14-ct. Aida cloth; DMC embroidery floss in desired colors.
For each place mat: 12⅞ × 17½-in. piece 14-ct. Aida cloth; DMC embroidery floss in desired colors.

Instructions: *Note:* Any of the motifs from the Barnyard Sampler (*right*) can be used for the napkin and place mat. To substitute other designs for those given here, first count or chart out the number of stitches needed to accommodate the design, then cut the Aida cloth to fit that size. Use number of strands and special stitches as listed on sampler.

Napkin: Design size: 22 × 36 stitches. Using 3 strands No. 3346 and beginning on row 9 in from the edge, cross-stitch the zigzag border pattern by alternately stitching 1 stitch on row 9, then 1 stitch on row 10. Stitch border around all edges.

Stitch barn, silo, and tree motif in lower right corner, leaving 1 row of squares open between border and lower and right edges of motif. Fringe all edges.

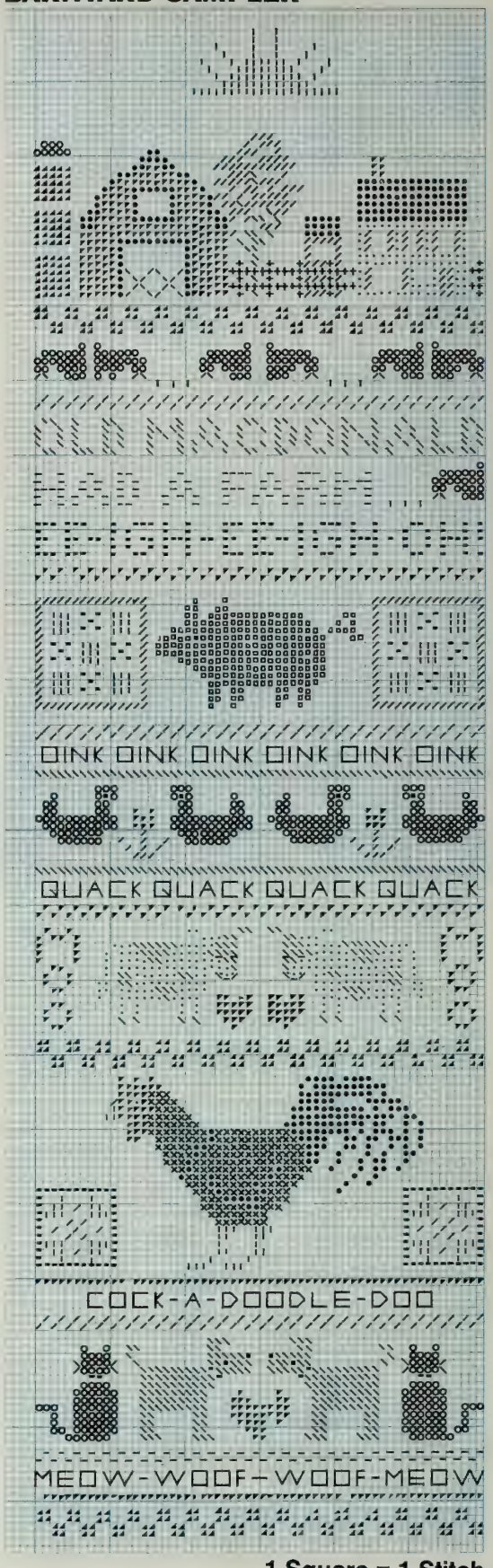
Place mat: Find center of lower long edge by counting squares or carefully folding fabric in half; count up 14 squares and mark. This will be lower edge of stitching. Stitch 1 heart on each side of center line so bottom point of heart is 15 squares up from edge and 2 squares are open between hearts. Repeat motifs in each direction. *Note:* Row will end with a heart and a cow facing the outer edge. A total of 8 cows and 8 hearts will be stitched.

To form border, stitch checkerboard design below cow border, leaving 1 row open between cows and

continued on page 115

- White
- 307 Lemon
- 318 Lt. Steel Grey
- 352 Lt. Coral
- Black
- 806 Dk. Peacock Blue
- 807 Peacock Blue
- 817 Vy. Dk. Coral Red
- 825 Dk. Blue
- 838 Vy. Dk. Beige Brown
- 920 Med. Copper
- 922 Lt. Copper
- 972 Deep Canary
- 3346 Hunter Green

BARNYARD SAMPLER



1 Square = 1 Stitch

"IT'S ABOUT TIME!"™





DELICIOUS VEGETABLE AND SAUCE DISHES THAT AREN'T FROZEN.

It's about time for new Del Monte Vegetable Classics.® Ten delicious vegetable dishes that go from cupboard to microwave to delicious in just three minutes. Del Monte Vegetable Classics. Look for all ten varieties in the canned food aisle.

WE GROW NEW IDEAS Del Monte Quality



Available in selected areas. ©1989 Del Monte Corporation


Everyday
Low Price
BELAIR
BELAIR
Light
100's
LOW TAR • MENTHOL
BELAIR
Available in Full Flavor and Lights,
Kings and 100's.
New
BELAIR
Taste The Refreshment
SURGEON GENERAL'S WARNING: Smoking
Causes Lung Cancer, Heart Disease,
Emphysema, And May Complicate Pregnancy.
Kings and 100's, 14 mg. "tar", 1.1 mg. nicotine a

FRESH FROM THE FARM

continued from page 112

border. Checkerboard border is done by stitching a 4-square block on rows 9 and 10 that alternates with a 4-square block on rows 11 and 12. Start at center and work out. See the rows below the barn and house motifs and the cow motifs on *page 112* for checkerboard detail.

Repeat checkerboard border up sides, leaving 2 squares open between outer edge of heart and border. Stitch checkerboard border across top, stitching in rows 9–12 from upper edge. Repeat lower border above cows, leaving 1 row open between cows and border. Fringe edges.

OLD MACDONALD'S APRON, page 104

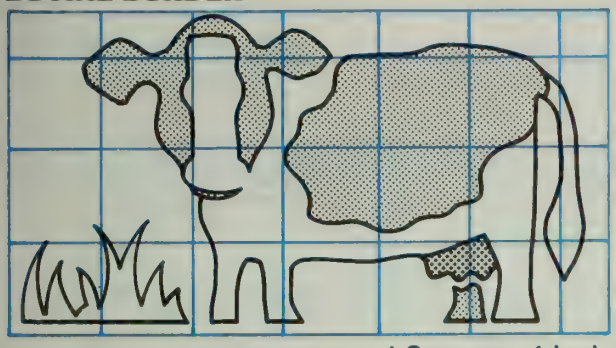
Materials: 8×8-in. square 14-ct. Aida cloth; DMC embroidery floss in colors listed for Barnyard Sampler on *page 112*, except No. 922; purchased pattern and fabrics for pinafore; 8-in. square fleece; 1 yd. purchased or self-made piping.

Instructions: Cross-stitch Old MacDonald motif onto Aida cloth using barn and house rows through border row under "ee-igh-ee-igh-oh!" as described for sampler on *page 112*, centering design on fabric. Sew cross-stitched bib onto pinafore as described for commercial pattern, padding slightly with fleece and bordering with piping if desired. Complete pinafore according to pattern.

PINE CUPBOARD, page 103

To order project plan, see page 163.

BOVINE BORDER



1 Square = 1 Inch

BOVINE BORDER, page 102

Materials: Clear heavy plastic for stencils; crafts knife; acrylic paints in the following colors: white, black, pink, and grass green; stencil brushes.

Instructions: Finished design, approximately 6×3½ in. Enlarge pattern (*above*) to scale (200 percent). Draw design onto 4 plastic sheets. Cut separate stencils for white body (unshaded area), black face and spot (darker shaded area), pink udder (lighter shaded area), and green grass. Leave remaining lines to use as alignment marks on each stencil.

Mark placement line for bottom of stencil at desired height. Beginning at center of wall and aligned with placement line, stencil design onto prepared wall in order listed above. Working out from center, repeat design along wall, leaving 2½ in. or desired space between motifs.

continued on page 116



NOW, LEARNING TO PUT UP A CEILING IS AS EASY AS TURNING ON YOUR TV.

Get your "Step-by-Step Way To Install A Stylish Armstrong Ceiling" videotape and a free Suspended Ceiling Planner by calling ***1 800 233-3823.***

Learn, step-by-step, the right way to install your new ceiling. Pay only $10 for the tape now, but get a $10 refund if you purchase any Armstrong ceiling within 90 days after we receive your order. A refund coupon with complete details is included with the tape

Order by phone with your VISA or MasterCard. Ask for Dept. 09RBH. Or order by mail, using the coupon below to charge it or to pay with a check or money order.

Armstrong

so nice to come home to™

TO: Armstrong World Industries, Inc. Dept 09RBH P.O. Box 3001 Lancaster, PA 17604

☐ *Send me "The Step-by-Step" ceilings videotape and free Suspended Ceiling Planner. Here's my VISA or MasterCard number and expiration date or a $10 check or money order made out to "Armstrong Ceilings Video Offer"*

MC/VISA # _____

Signature _____

Exp. Date ____/____ ☐ *Please send me free literature*

Name _____

Street _____

City _____ *State* _____

Zip _____ *Telephone* (____) _____

FRESH FROM THE FARM

continued from page 115

REGINALD THE FOX, page 105

To order full-size pattern, see page 163.

Materials: 60-in.-wide fake fur in the following amounts and colors: ¾ yd. rust for head and body and ¼ yd. white for chest inset, lower nose, inner ear, and tail tip; two ½-in. black buttons for eyes; black pearl cotton; black heavy waxed thread or carpet thread for whiskers; red felt scrap for tongue; carpet thread; doll needle; polyester fiberfill; stiff brush.

Instructions: Finished size, approximately 14×20 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. *Note:* After sewing seams, brush fur from seam lines with brush. Seam lines should not show after fur is brushed.

Enlarge pattern (*right*) to scale (400 percent). Cut all pieces from appropriate fabrics, making sure to flop pattern along dotted lines to complete where needed and checking nap. Arrows on each pattern piece indicate direction of nap. Small pieces without arrows should be cut so nap matches the larger pieces.

Note: Do not cut fake fur pieces along folds. To complete pattern marked with fold line, cut single layer of fabric with pattern facing right side down, then flop pattern and cut second half with right side facing up and fold lines aligned. Do not cut more than one layer of fur at a time.

Transfer all markings to wrong side and ear, eye, and nose placement lines and nose detail lines to right side.

Head: Sew front to back leaving open as indicated; turn to right side. Stuff firmly; blindstitch closed.

Sew 1 upper nose to 1 lower nose along side marked A. Repeat for other half. Sew nose sides together; turn to right side and stuff.

With doubled length pearl cotton, stitch mouth with straight stitch. Satin-stitch nose. See pattern diagram (*right*) for detail. Pin nose to head front along dotted line; whipstitch in place, turning under raw edges.

Sew button eyes in place as marked.

Cut three 10-in. strands heavy black thread for whiskers. Thread through nose, going in dots at 1 side and out dots at other side, stitching through center of nose. Tie at each side of nose to secure. Trim as desired.

Ears: Sew ears together in pairs; stuff lightly. Slip-stitch to head as marked, turning under raw edges.

Body: Sew chest insets to front body pieces along B. Sew fronts together along center front seam. Sew front to back leaving open as marked.

Sew foot pads to bottom of each foot, matching dots. Turn; stuff feet and legs. Continue to stuff body. Blindstitch top opening closed.

Position head on body, with bottom half of head overlapping body and top half extending beyond shoulders. Sew in place with carpet thread.

Tail: Sew white tip to each tail piece; sew tail pieces together. Softly stuff; whipstitch tail to body at X.

Finishing: Tack tongue to side of mouth. Brush all seams free of fur.

PLYMOUTH ROCK HENS, page 105

To order full-size pattern, see page 163.

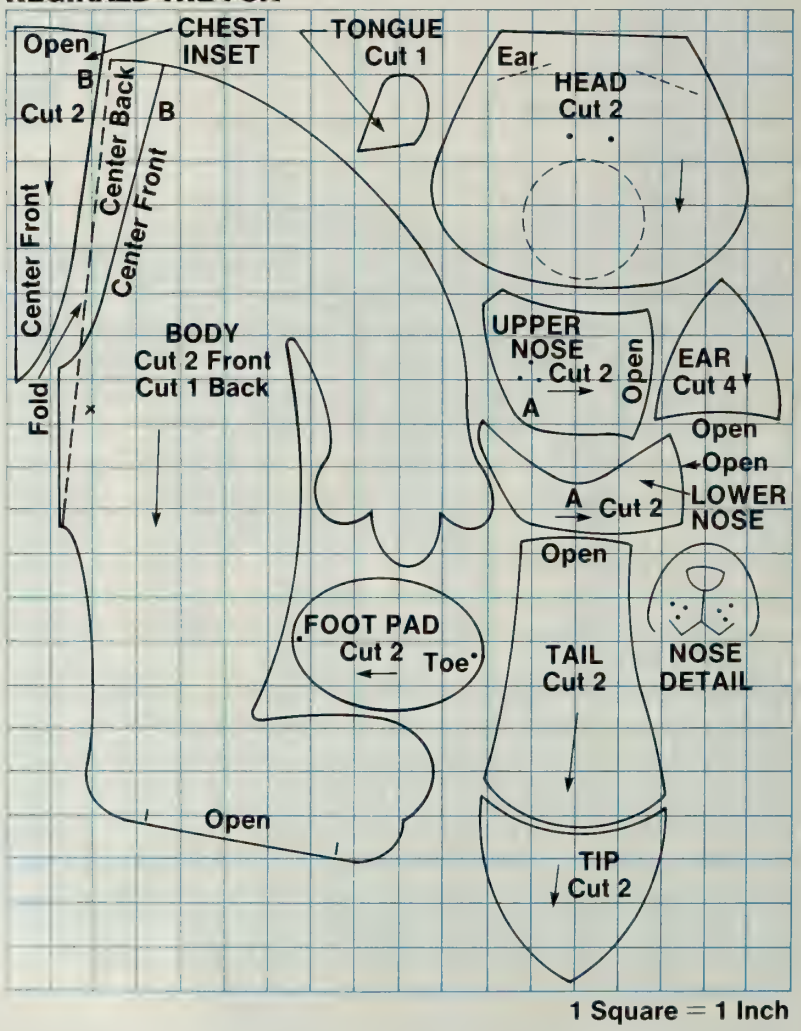
Materials: *For each chicken:* ¼ yd. patterned heavy knit or double-knit fabric for body; ¼ yd. yellow sweatsuit-type fleece; scrap red velour; black carpet or quilting thread; polyester fiberfill; 1 pair 10-mm glue-on or sew-on eyes; fabric glue.

Instructions: Finished sitting size, approximately 10×12 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. *Note:* Many pieces are not cut and sewn in this traditional method. Be sure to read directions before cutting and sewing pieces. Enlarge pattern on *page 118* to scale (400 percent).

Note: When using fleece, use the fuzzy side as the right side.

continued on page 118

REGINALD THE FOX





If you don't have 12 inches of attic insulation, you don't have enough.



According to the Department of Energy, most attics should be insulated to an R-value of 38. That's 12 inches of Owens-Corning Pink* Fiberglas® blanket insulation. Unfortunately, too many homes don't have enough. They waste heat in the winter; air conditioning in the summer. And money year round.

What about your house? To find out if you're properly insulated, take a ruler up to the attic. If you don't have 12 inches of Pink Fiberglas blanket insulation, visit your Owens-Corning retailer and get some more. It's easy to install. And cheaper than years of high fuel bills.**

To find out more about insulation recommendations in your area, call 1-800-GET-PINK (Ext. 70) or send in this coupon for a free 32-page color booklet. After all, who wants to live in a house that doesn't measure up?

— — — — — — — — — — — — — — — — — — — —

Mail to: Owens-Corning Fiberglas Corp., Attn. C.I.Y. Meeks, P.O. Box 44179, Jacksonville, FL 32231-4179. Please send me a free copy of "A Homeowner's Guide to Insulation." I am interested in this for: ☐ building a home, ☐ remodeling, ☐ adding insulation.

Name_____

Address_____

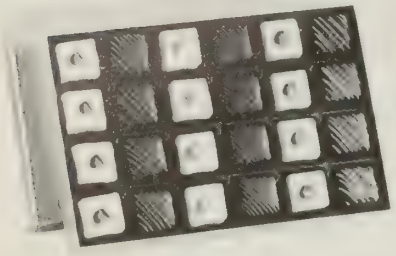
City_____ State_____ Zip_____

**Savings may vary. Higher R-values mean greater insulating power. Find out why in the seller's fact sheet on R-values.



© O.-C.F. Corp. 1990 ® & © United Artists. All rights reserved. *The color Pink is a trademark of Owens-Corning Fiberglas Corp.

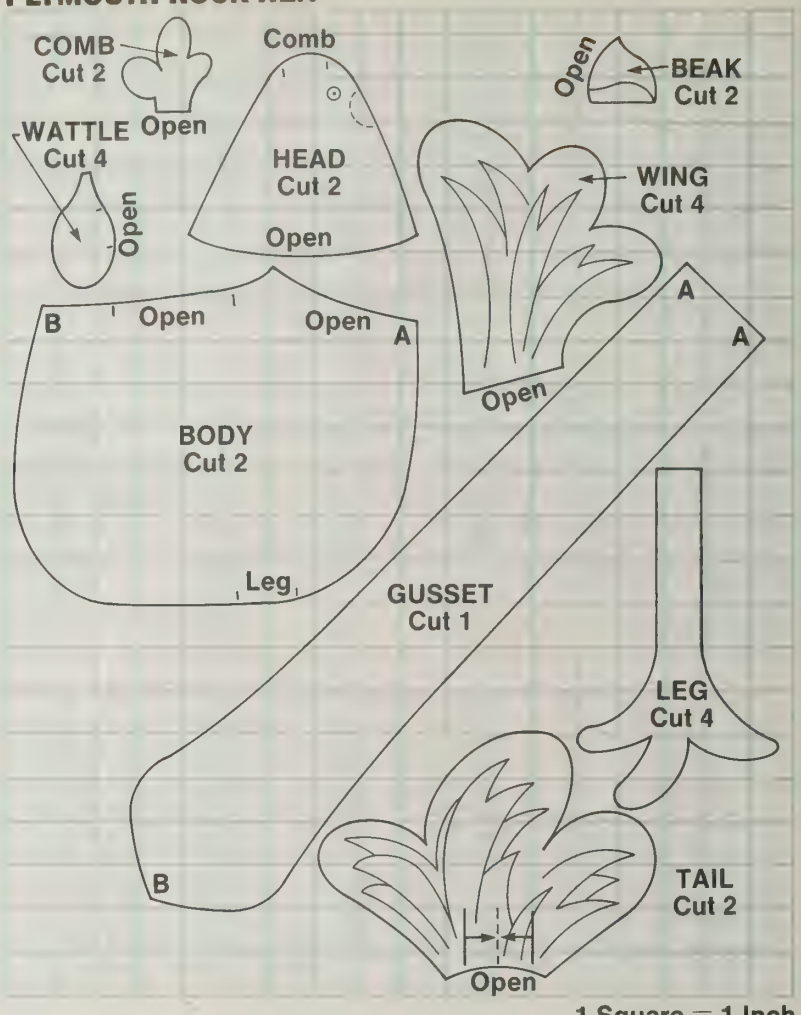
FREE!
When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 Petits Fours pastries FREE with your first order.

PLYMOUTH ROCK HEN



1 Square = 1 Inch

FRESH FROM THE FARM

continued from page 116

Legs: Double fleece with fuzzy side (right side) out; trace 2 leg patterns onto top layer of fleece. Sew on line; trim seam allowance to scant ¼ in. Do not turn legs. Lightly stuff; set aside. *Note:* This method of sewing is used for many of the pieces.

Comb, wattles: Trace comb and wattles onto velour as for legs. Sew as for legs; turn right side out. Lightly stuff comb only; set all pieces aside.

Cut remaining pattern pieces *except* beak from knit.

Note: Position of head, legs, tail, and wings varies with each bird and gives them personality. When placing these pieces, both sides do not have to match. Place them as you desire.

Head: Baste comb in place on 1 head piece. Sew head pieces together; turn right sides out.

Body: Baste legs in place on body pieces. Sew body pieces together at top along dotted line.

Sew gusset to 1 body side matching and beginning at A and continuing under body to B. Repeat for other side of body. Be careful not to catch lower portion of legs in seam. Sew back seam, leaving open as marked.

Slip head inside neck opening, matching raw edges. Sew head to body, positioning as desired. Turn to right side; stuff. Slip-stitch closed.

Wing, tail: Sew wing and tail pieces together in pairs in traditonal sewing method or as described for legs. *Note:* Seam allowances are included for these pieces. If using leg method, mark stitching line in ¼ in. from marked cutting line. Clip curves; turn right side out. Stuff very lightly; blind-stitch opening. Machine-quilt feather outlines as marked or as desired.

Make ¾-in. box pleat at bottom of tail; tack in place. Whipstitch wings to body in desired position.

Beak: Transfer beak to smooth side of fleece; sew and cut as for leg. *Note:* If beak is cut and sewn in traditional sewing method, add ¼-in. seam allowances. Turn beak to right (fuzzy) side; stuff firmly. Whipstitch to head along dotted line, turning under raw edge. For mouth, glue carpet or quilting thread in place as marked.

Wattle, eyes: Turn raw edges of wattle under; slip-stitch open edges together to form 1 long wattle. Glue or slip-stitch center seam of wattle to head at top of beak. Tack each wattle to side of head, making a small pleat to shape wattle.

Glue eyes in place. If eyes blend in with fabric or will not show on print of fabric, cut red felt slightly larger than eye; glue or tack under eye.

Note: If chicken is to be a toy for small children, replace glue-on eyes with sew-on eyes.

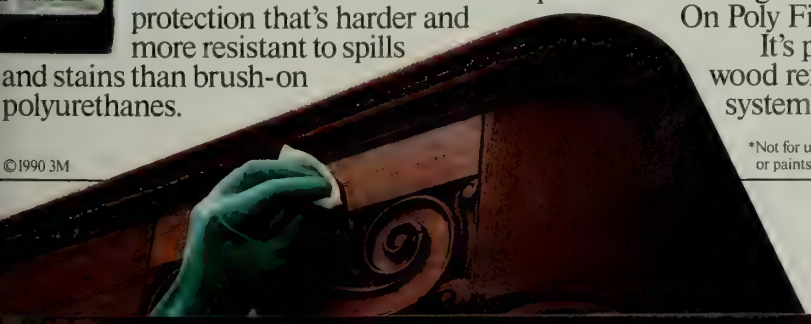
Is a trouble-free polyurethane too much to ask?



With Scotchgard™ Wipe On Poly Finish from 3M, you get a smooth, beautiful, more protective polyurethane finish without bubbles and brushmarks.

Because with Scotchgard™ Wipe On Poly Finish, you don't even use a brush.

Go on. Try it. Just wipe it on. Scotchgard™ Wipe On Poly Finish actually penetrates the surface of the wood to provide protection that's harder and more resistant to spills and stains than brush-on polyurethanes.



Apply it straight from the easy-to-handle bottle. Its clear formulation won't yellow your wood like other polyurethanes. Over bare wood or with stain,* it accents the beauty of the wood.

You ask a lot of yourself when you begin a project. Now it's time to ask more of your finish. Try Scotchgard™ Wipe On Poly Finish.

It's part of the wood refinishing system from 3M.



*Not for use with whitewash or paints.

©1990 3M

3M

GREAT-ROOM EXPECTATIONS

Infinitely inviting with a friendly country mix, this high-performance family room makes the most of its ample square footage and stays cozy in the process. Its strategy? Divide and conquer. It's a plan that can coach any long, narrow space into a room-arrangement winner.



PHOTOGRAPHS: JIM HEDRICH DESIGN: LARRY N. DEUTSCH, ASID

A country-style dining spot nestles neatly into the kitchen end of the family room, so the cook is never far from the action.

COUNTRY CONNECTION

Recapturing the gracious essence of yesterday's keeping room, this warm and rustic space marries old-fashioned comfort with up-to-date function. For this family, it's the perfect match for a busy lifestyle.

The easy-living space offers cozy seating gathered around both the hearth and home entertainment center. There's a dining spot for the clan and for casual entertaining. And, because the family room opens to the kitchen, the cook is never out of the action. But, what links this rambling space is the overall country mood set by mellow woods, earthy hues in fabrics and rugs, and a generous helping of family-favorite collectibles. Here's how the family pulled all the elements together to make the oversize area work.

DO-IT-ALL DESIGN

Well-planned function puts the fun in this big family room. To take advantage of every inch, this family added:





REGIONAL EDITOR MARGARET ANN FOWLER

At hearthside, big-on-comfort seating divides the space. Electronic entertainment hides behind the closed doors of a built-in cabinet.

Comfy sectional sofas, clad in new stainproof fabric, invite kicked-back conversation, plus television viewing and games on the ample coffee table.

Painted paneling and a cluster of collectibles bring timeless appeal and focus to the fireplace wall. The paneling is joined in spirit with a built-in corner cupboard used to stow electronics.

A work counter doubles as a handy buffet server, opening the family room to the kitchen. Nearby, a bureau adds style as it organizes linens and tableware.

Antiques and reproductions, such as the vintage dining table and freshly minted chairs, "age" the new space—but none of the oldies is the don't-touch type. Against the creamy white backdrop, the dark woods and rich textures keep the mood cozy.

TAMING YOUR SPACE

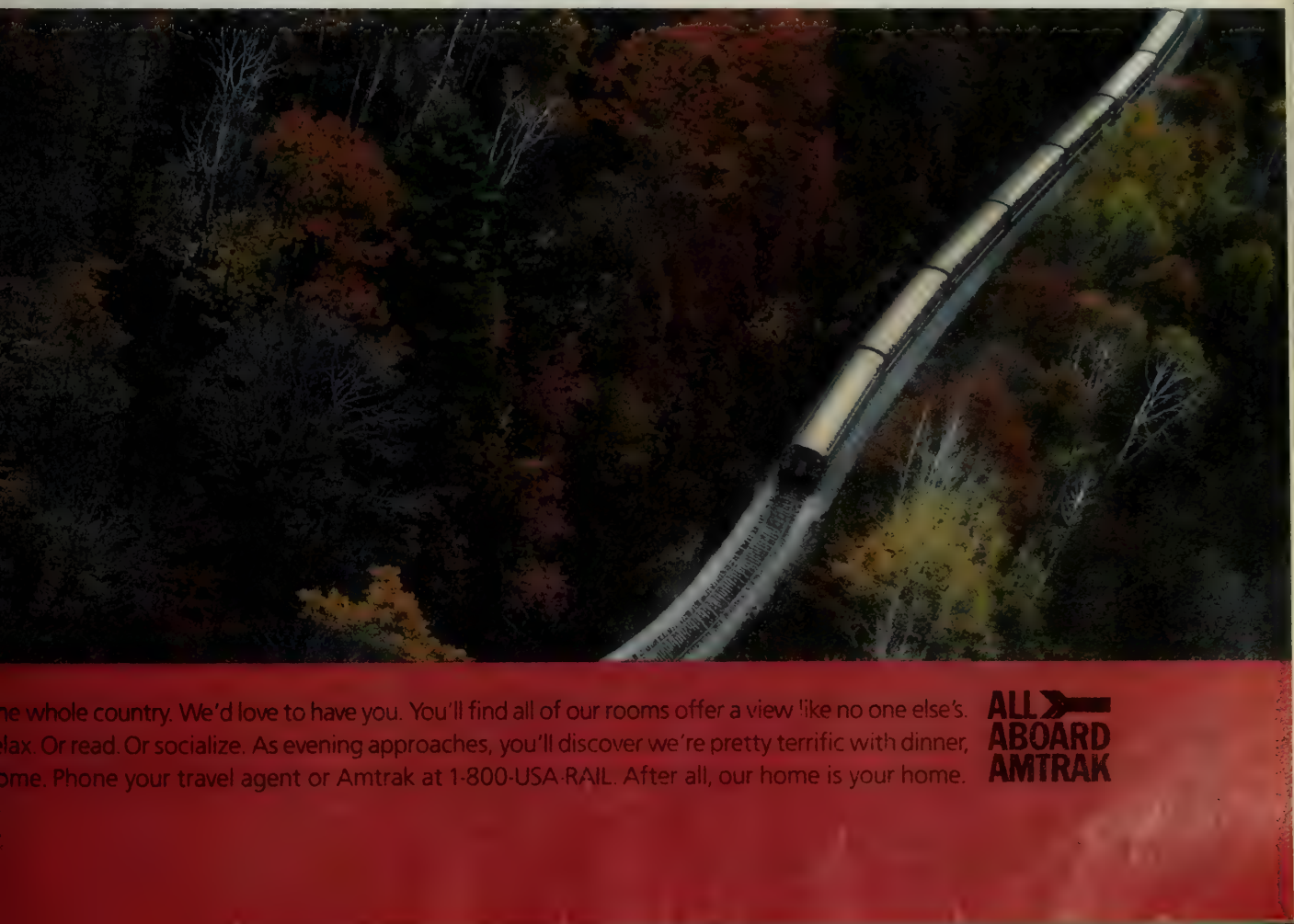
Only good design can make a great-room really, well, great. Here are some space-conquering ideas:

Define how you want the space to function. In addition to a conversation area, do you want a dining spot, a place for child's play, a work center, or a media room?

Arrange specific activity centers with furniture. For example, pull seating away from the walls and around a focal point—bookshelves, a fireplace, a view—freeing up space for other duties. Here, the sectional sofa turns its back on the dining area to "wall off" the living space.

Consider using oversize seating and other large furniture pieces. They will visually fit a great-room's generous proportions to give the space eye-pleasing balance.

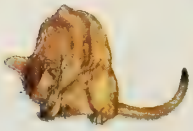
Organize accents and other design elements to work hard. Let area rugs, painted floorcloths, and even stenciled designs define invisible boundaries. Cozy up that cavernous space with warm colors and fabrics in large-scale prints. And don't forget the collectibles; you have room aplenty for a lively display of your favorite things.



Spend 24 hours as a cat and you'll swear off supermarket pet food forever.



6 a.m.: Utilizing energy stored during sleep.



7 a.m.: Preening–along with quality fat in diet–promotes a shiny coat.



8 a.m.: Eating a concentrated, balanced mix of essential nutrients.



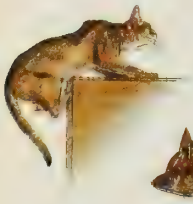
9 a.m.: Balanced nutrients and fatty acids keep nose and footpad leather pliable.



10 a.m.: Repairing cell tissues during nap.



11 a.m.: Even while sunning and dozing on a window ledge, leg muscles are being flexed.



Noon: Jumping five times one's height.



1 p.m.: Long, deep sleep rebuilds muscle.



2 p.m.: Metabolizing linoleic acid in fat helps keep skin free of flaky deposits.



3 p.m.: A cat that feels good, looks good. And flaunts it.



4 p.m.: Nature calls. More meat protein means more food is absorbed which means less stool.



5 p.m.: Stop to play with a ball.



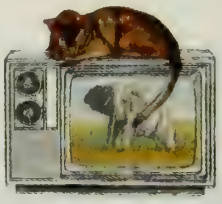
6 p.m.: Swatting furiously at imaginary prey.



7 p.m.: Leaving scent by performing figure-eights around your feet.



8 p.m.: Eating a dry food such as Iams exercises teeth and gums while reducing tartar.



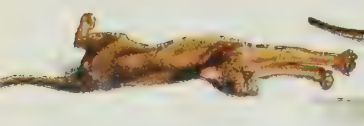
9 p.m.: Finding a warm spot to–you guessed it–nap.



10 p.m.: Body uses taurine in food to guard against blindness and heart disease.



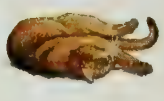
11 p.m.: Quality fat keeps energy at optimal level.



Midnight: Stretching and tensing aids muscle tone.



1 a.m.: Getting into mischief and the knitting.



2 a.m.: Catching another 40 winks.



3 a.m.: Low magnesium in diet helps prevent F.U.S.



4 a.m.: Vitamins in food promote clear, alert eyes that quickly adapt to night vision.



5 a.m.: Meticulous grooming improves skin and coat. But it's no substitute for eating a balanced diet.

Sleeping two-thirds of the day away may not look like hard work, but your cat still requires the maximum nutrition in Iams to look and feel her best.



Because much like the lion, who sleeps 20 hours a day, cats burn up massive amounts of energy in short bursts. Like jumping five times their height to swat at a moth.

So, to replenish that energy, your cat needs the concentrated, complete nutrition contained in Iams. She needs its real meat protein–which is easier to digest and utilize than the vegetable protein found in most supermarket cat foods and results in smaller stool. She needs its quality fat for a shiny coat. Along with an optimal balance of carbohydrates, vitamins and minerals.

For the kind of efficiency that pays off in a healthier cat, look for Iams Cat Food or Kitten Food. You won't find it in supermarkets, but you will find it in pet stores, feed stores and veterinary offices. For more information, call us toll-free at 1-800-525-4267 (IAMS).

IAMS®

Special pet foods found only at special places.

SMART SWITCH FOR YOUR MEDIA MATES





Prefinished cabinets can stretch your furniture budget. Here they offer a stylish stash for media hardware.

PHOTOGRAPHS: PERRY STRUSE DESIGN: ANN PATTERSON MARTINEZ REGIONAL EDITOR: MARY DIDIO

You won't find this elegant media center in any furniture store. It's actually three stock cabinets masquerading as an armoire. Designer Ann Patterson Martinez searched in vain for a fine piece of furniture that fit her budget and offered the storage capacity she needed. Switching tactics, she created her own heirloom by flanking a full-height double-door kitchen cabinet with two single-door units. The double-door section is 24 inches deep; the single-door sections are 21 inches deep.

Martinez chose solid cherry cabinets that come prefinished. She bolted the cabinets together from the inside, then trimmed the tops with matching crown molding and added solid brass pulls on the drawers and doors. The trim and hardware were available from the cabinet manufacturer at no extra charge. Total cost was approximately $3,500—pricier than media cabinets sold at discount furniture marts but considerably cheaper than designer furniture of comparable quality and construction.

SPECIAL REQUEST.



Let your imagination run wild. WENCO is equal to the task with WENCO JX-7 Clad or Wood Custom Fixed Windows with either straight or curved sides. Glass options include high-performance, obscure, bronze, gray, and solar-cool bronze. We use water-repellent, preservative treated Ponderosa Pine. Joints are glued and screwed together.

Please send me a FREE, full-color WENCO catalog and the name of my nearest WENCO dealer. I'm interested in: ☐ *replacing a window;* ☐ *remodeling;* ☐ *new construction.*

NAME

ADDRESS

CITY *STATE* *ZIP*

Send to: WENCO, Box 1248, Dept. B, Mount Vernon, Ohio 43050

WENCO WINDOWS

A Division of JELD-WEN

We Have What You Want.



four levels of use: above ground, ground contact, fresh-water immersion, and wood foundation. Treated wood will weather gray, but you can stain it any color you choose.

Care should be used in working and using treated wood. Never burn the scraps. Wear a dust mask when sawing, and clean up all sawdust and wash yourself thoroughly afterward. Do not use treated wood to make cutting boards or for any item that may come in contact with food.

Teak: Teak is as hard and dense as oak, yet highly resistant to decay, insects, water, and chemicals. Left to weather, it will turn to a driftwood gray, but a light sanding will renew the original color. Teak contains silica, which helps it fend off the elements but can also dull saw blades and clog sandpaper. The silica also reacts with glues and plastic-based finishes such as polyurethane. Use oil finishes or lacquers instead, and wash the wood with lacquer thinner before gluing.

BUILDING

WEATHERING WOODS
Long-life lumber

Biodegradability may be good for the local landfill, but not for your new deck. Before you tackle your next outdoor carpentry project, pick a weather-worthy wood.

Redwood. Naturally decay- and insect-resistant, redwood is a stable wood, prized for its workability. Its straight, even grain and lack of shrinkage discourage cupping or warping. Because redwood contains little pitch or resin, it takes stains and finishes well. When applied regularly, a water repellent and wood preservative will enhance redwood's endurance and stabilize its color. Left to weather, unfinished redwood turns silvery gray within a year.

Cedar: Like redwood, cedar is highly resistant to water, insects, and fungus, and takes stains and finishes easily. Cedar decking is not universally available, although you may find a mill or lumberyard in your area that stocks radius-edged, 1-inch-thick cedar decking.

Pressure treated: The heartwood of all trees is somewhat resistant to rot and fungus, but the more plentiful sapwood is often not. For general use around the home, CCA (Chromated Copper Arsenate) treated sapwood boards provide a less expensive alternative to redwood and cedar. Treated woods are also rated for





Over 10 million Americans leave their worries with us.

Most people think that once they insure their car, they're fully protected. Or if there's a fire in their home, it'll be replaced at full value.

In either case, it's not automatically true.

To make sure you're safe and secure, we offer a free service to plug up holes that may exist in your coverage. It's called the Farmers Friendly Review. We think it's one reason millions of Americans choose us—year after year. And why we've grown to become one of America's biggest, most successful insurance groups.

If you'd like to do business with an organization that believes in basic values—like the best possible protection at the lowest possible price—call your nearby Farmers Agent.

And have a pleasant day.

FARMERS INSURANCE GROUP

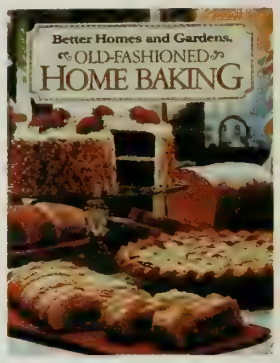
Symbol of Superior Service

America can depend on Farmers.

Fresh new recipe ideas.



NEW. Cooking Italian. Now you can make tantalizing, authentic Italian cuisine easily at home. Quicker recipes. Step-by-step instructions.



NEW. Old-Fashioned Home Baking. Takes you back to the tastes and aromas of wonderful old-time baking. Color photos and step-by-step instructions for over 500 recipes using today's simplified techniques.



NEW. Eat and Stay Slim. Delicious recipes for people who want a healthy, sensible weight-loss plan, or want to stay slim. Based on the food exchange system from the American Diabetes and Dietetic Associations. On sale September 1.

All are hardcover cookbooks with nutrition analysis and color photos. Available wherever books are sold.

Better Homes and Gardens® BOOKS

BETTER IDEAS

REMODELING

REVAMPED HALLWAY HOSTS A BANQUETTE

Look beyond that tiny kitchen, and you just may find enough space in a hallway or adjoining room to build in a dining banquette for quick family meals or lingering conversations.

"The hallway was the only space near the kitchen where there was room for an eating space," says Cindy Turner. So she and husband Terry knocked out a kitchen wall and repositioned doorways to open the space to the kitchen and improve the traffic flow. Terry used part of the hallway wall for the back of the banquette and fashioned the other two sides with drywall. He got the idea for the tam-bourlike, form-fitting seats from his favorite park bench. A local carpenter crafted the banquette from narrow pine planks, then protected the wood with an oil-base glaze.

A black marble slab with multicolored swirls tops a replated copper and nickel antique steel pedestal for the table. Because the hallway and kitchen flooring matched, the Turners made a mosaic strip using shards of floor tile set in dark grout to fill in the floor space where the kitchen wall used to stand.

Design: Cindy Turner. Photograph: Gene Johnson
Regional editor: Nancy E. Ingram



When mealtime is over, Cindy and daughter Rosie find the banquette a perfect place for their paperwork.

JUST FOR KIDS

IN MY ROOM
A teen hideaway at home



What do you do when your child has outgrown cute? Toss aside pint-size furnishings and wall coverings awash in cartoon characters, and help your teenager create a stylish, hardworking room to be proud of. (P.S. You may even keep your teen at home more often.)

When 15-year-old Tal Williams envisioned her dream room, she saw things in sophisticated black and white. "Those are the colors I wear the most," says Tal. "So I thought it would be cool if my room wore them, too."

continued on page Z3



Blasts of red fire up Tal's black and white scheme. Vintage quilts add another warm touch to the high-tech combination.

When it's not stretched out for sleeping, the futon folds to free floor space. A geometry class of fabrics covers the bed in style.

As I See It #8 in a series
Gregory Heisler
'Roughing It'
High-Grain Photography



THE BOLD LOOK
OF KOHLER.

Return with us now to the days when tubs were tubs. Our Vintage™ bath (or whirlpool) is big as all outdoors and beautiful to boot, with optional brass/wood rail. Note the go-together lavatory (real cast iron) and toilet. Yep, it's rough life! See Yellow Pages for a Kohler Registered Showroom. For complete product [illegible] book, send $3 to: Kohler Co., Dept. AF9, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. 263.

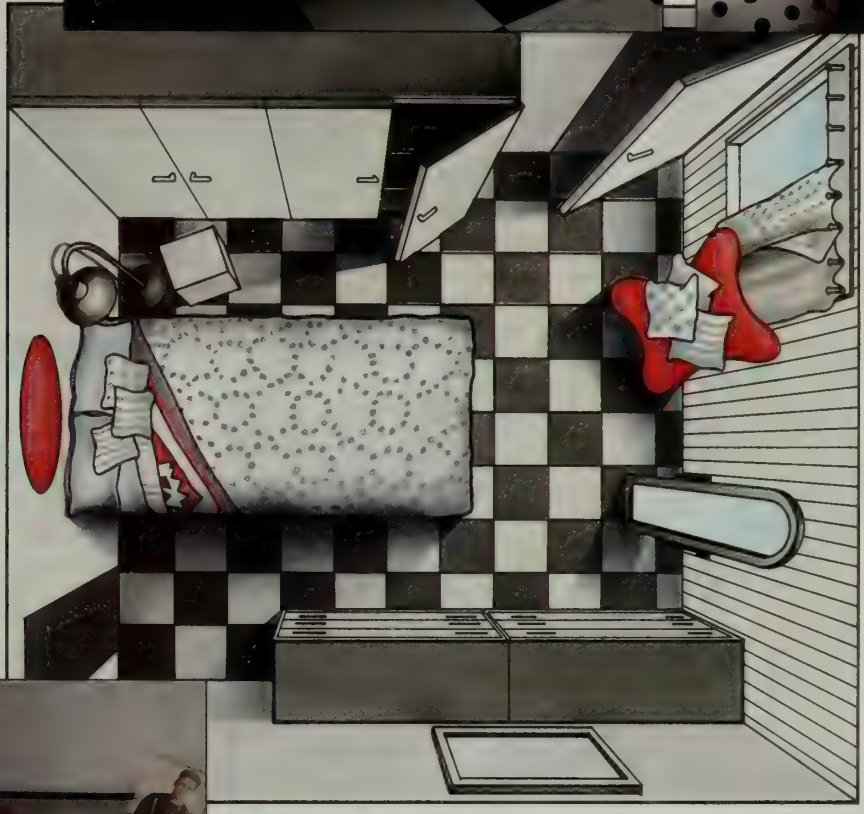
continued from page Z1

IN MY ROOM





Side-by-side *Techline* armoires hide clothes and clutter behind sleek doors. An easy-to-install checkerboard of *Armstrong* floor tiles keeps in step with the room's slick looks.



For a sew-simple window cover, cut two fabric panels to fit your window and stitch them back to back. Sew on fabric loops to slip over a rod or pegboard.

Strong patterns and a peppery color scheme add character to this boxy room. Wall-hugging storage and a fold-up bed make the most of limited space.

Standing in the opposite corner, a duo of dressers balances the visual weight of the twin armoires. A full-length mirror and bulletin board add needed height, and reflect Tal's personality.



Photographs: Perry Struse. Illustration: Mike Henry. Design: James A. Williams

Of course, Tal's parents also had some say-so in the room scheme. "We had to keep costs under control," says her dad, Jim. To keep a rein on the budget, Tal, Jim, and mom, Lynn, put in some time: They installed the vinyl floor tiles and sewed their own pillow, futon, and window covers from easy-care *Covington* fabrics. In another practical move, this family chose multipurpose, clean-lined furniture that could easily relocate to Tal's dorm room—or to another room in the house—when this college-bound teen takes off.

JUST FOR KIDS

continued on page Z4



AVAILABLE WHERE PET PRODUCTS ARE SOLD
FOR MORE INFORMATION CALL (206) 391-3053
DOGLOO, INC. 1160 California Avenue Corona, CA 91719
DOGLOO, INC. 22845 NE 8th, Suite 314 Redmond, WA 98053

Midas China & Silver

Save Up To 60%
Call Toll Free 1-800-368-3153

STERLING
FACTORY NEW
Prices are for 4 Piece Sets

Gorham		**Wallace International**	
Chantilly, Strasbourg		Joan of Arc, Rose Point,	
Newport Scroll	109.50	Prelude, Grand	
Melrose, Fairfax	139.50	Colonial	137.50
		Grande Baroque,	
Towle		Royal Danish	149.50
Old Master			
Chippendale	119.50	**Lunt**	
King Richard	139.50	Modern Victorian,	
		Wm & Mary,	
Queen Elizabeth	139.50	Bel Chateau	129.50
		Kirk Stieff	
Reed & Barton		Repousse	134.50
18th Century,		Old Maryland Engr.,	
Woodwind, English		Stieff Rose	149.50
Chippendale	124.50	Wm. Shell, Queen Anne,	
Francis 1st	139.50	Golden Winslow	189.50

SILVERPLATE & STAINLESS

Reed & Barton		Oneida	
French Chippendale	39.50	Juilliard	27.50
Country French	24.50	Easton	27.50
1800	24.50	Dover	27.50
Dresden Rose	39.50	Classic Shell	27.50

Prices for 5 Piece Set

CHINA
FACTORY FIRST QUALITY
Prices are for 5 Piece Sets

Gorham		**Doulton**	
Ariana	49.50	Carlyle	109.50
Black Contessa	99.50	Princeton	69.50
Noritake		Harlow	99.50
Shenandoah	49.50	Albany	69.50
Barrymore	49.50	Sherbrooke	79.50
Rothschild	42.50	**Minton**	
Golden Cove	47.50		
Pacific Majesty	59.50	Bellemeade	64.50
Gold & Sable	59.50	Jasmine	84.50
Aynsley		**Crown Derby**	
Cottage Garden	49.50	Carlton Blue	109.50
Pembroke	79.50	Derby Border	149.50
Leighton Cobalt	89.50	Old Imari	399.50
Lenox		**Wedgwood**	
Rutledge	134.50	Runnymeade	109.50
Autumn	147.50	Amherst	74.50
Charleston	69.50	Bianca	119.50
Liberty	78.00	Osborne	89.50
Spode			
Christmas Tree	39.50		

These are only a sample of what Midas carries — Call for prices on your pattern.

Midas also carries many other patterns and open stock pieces:

Department Store Bankruptcy Specials
Choose from these Towle Patterns, Old Master, French Provincial, Chippendale, Ben Franklin, Old Colonial and these pieces

Ice Teaspoons	Any one	Tablespoon	Any one
Cream Soup Spoons	for	Pierced Tablespoon	for
Place Spoons	$24.50	Cold Meat Fork	$65.00
Pie Cake Servers		Gravy Ladle	

Giftware

Pewter Jefferson Cup	
Kirk Stieff	sold
Old Maryland Engr.	
Sterling Candlesticks	
4 4/5"	99.50 pair

David Winter Cottages

Apothecary's	21.00
Wine Merchant	26.60
Corner Dragon Pub	28.00
Mrs. Bibbs' Cottage	126.00
Classroom Door	49.00

CRYSTAL

	Goblet or Champ.		Goblet or Champ.
Baccarat		Lady Anne	17.00
Massena	74.50	Cherrywood	19.50
St Remy	41.50	King Edward	17.00
Montaigne	40.00	Laurin Gold	11.00
Orrefors		Jolie	15.00
Prelude	29.00		
Illusion	24.50		
Mikasa		**Royal Doulton**	
Arctic Lights	19.25	Westminster	30.00
Olympus	19.25	Hampstead	30.00

Call for our free catalogue. Prices subject to change without notice. To order Call Toll Free 800-368-3151. Give us your major credit card number (Visa, MasterCard, Discover or American Express) and your order will be sent out by UPS. Shipping charges are $4.00 or 1% on Silver or $6.00 or 2% on China. To order by check just mail your check to the address below. In Maryland or D.C. area call 301-468-3888. Call Monday thru Friday, 10:00 a.m. to 6:00 p.m.

Midas 4315 Walney Road, Suite 100, Chantilly, Va. 22021
Call Toll Free: 800-368-3153

IN MY ROOM

continued from page Z3



A vintage quilt and slick new furnishings make an interesting decorating couple.

If you want to create a teen retreat for your child—or simply breathe some youthful spirit into a room—contact the following companies for information on the products shown in our story.

WHERE TO BUY IT

Page Z1: **Stripe and polka-dot fabrics**—Covington Fabrics (treated with 3M Scotchgard Fabric Protector), 267 Fifth Ave., New York, NY 10016. **Floor lamp**—Madison Avenue, 203 Valley West Mall, West Des Moines, IA 50265. **Black storage units**—Techline, P.O. Box 5249, Madison, WI 53705. **Full-size futon**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020, 800/447-4371. **Black and white floor tile**—Armstrong World Industries, P.O. Box 3001, Lancaster, PA 17604.

Page Z3: **Stripe and polka-dot fabrics**—Covington Fabrics, (address above). **Black, side-by-side bureaus**—Techline (address above). **Red table lamp**—Madison Avenue (address above). **Cheval glass mirror**—Amisco Industries, Ltd., Box 9584, Friendship Station, Washington, DC 20016. **Butterfly sling chair**—JC Penney Catalog, P.O. Box 659000, Dallas, TX 75265-9000. **Black and white floor tile**—Armstrong World Industries (address above).

A TURN FOR THE BETTER
Banister doubles as display case

Stamp out stodgy railings. Show off your treasures and personality with a stairway banister that doubles as an airy, arty niche for your favorite things.

This rounded, granite-topped hallway banister provides an elegant stage for showcasing treasured sculptures, plants, and photos. Add a glass shelf to make a home for your special collection, books, or baskets.

The banister was first framed in wood. To get the curved effect, the designer then covered it in drywall that was wet, shaped, and dried three times.



A banister display case dresses up a hallway. Add recessed lighting for a soothing hallway night-light.

TIP: Add electrical wiring so you can put recessed lighting under the ledge. Or tuck in a battery-run fixture. You'll dramatically spotlight your display and provide soothing hallway lighting for sleepy-eyed house roamers.

Display-case design: Anne Neri Kostiner
Interior design: Karen A. Carpino, ISID
Photographs: Wm. Hopkins. Regional editor: Margaret Ann Fowler



The only garage door warranted to last as long as you own your home.

Some garage doors come with a one-year warranty. Some with one that's a bit longer.

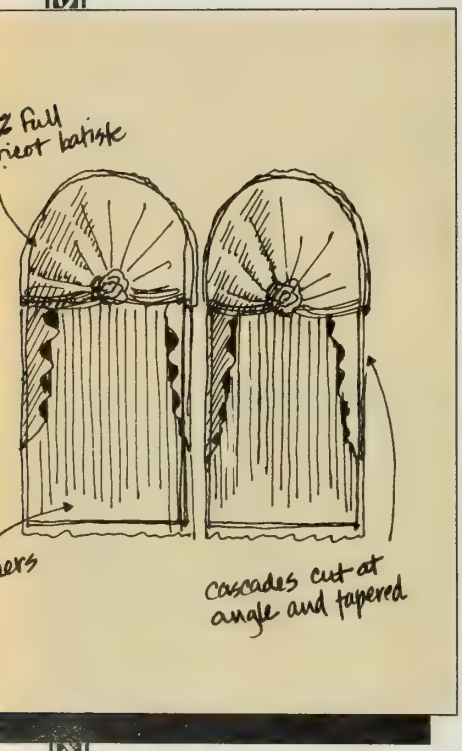
But only Raynor Decade Garage Doors are backed by a warranty that's good for as long as you own your home. That's because they look like wood. But they're made of steel. So they won't warp, crack, split or deteriorate due to rust. For more information look in the yellow pages under "Doors." For free catalogue call **1-800-545-0455.**

RAYNOR GARAGE DOORS
WARRANTED FOR AS LONG AS YOU OWN YOUR HOME.

Warranty applies to door sections, not hardware. See Raynor distributor for details of limited warranty.

I think the most important element of any room's

The first thing I do is visit their home to get their ideas.



Translating rough ideas into a finished room is the essence of custom decorating. And like all the consultants at JCPenney Custom Decorating, Nancy Maxwell can simplify the process.

"I listen to a person's likes and dislikes. Then we work with their existing colors to come up with ideas they feel comfortable with."

"The process begins right in your home. Because there's no better place to make decorating decisions. Our consultants literally put themselves in your place. The idea is to get a feel for your taste and lifestyle before making any recommendations."



Everything clicked. In no time we agreed on a sketch for her window design.





"When Norma Paz called, she had some great ideas. She wanted something really light for her dining room windows. She needed sunlight to carry into her paneled living room. The windows became the focal point of the room. From the hundreds of patterns



Dr. and Mrs. Stan Paz, Dallas, Texas
"We told Nancy exactly what we wanted i each room. She really listened to us."

ecor is the customer.



Nancy Maxwell
Decorating Consultant
JCPenney Custom Decorating



and thousands of colors available, I helped narrow it down. We tried to think of something that would be really distinct and nice and decided on an apricot batiste sheer. The result was a wonderful arched sunburst treatment."

"The dining room was just the beginning. Norma wanted to decorate several rooms in her home and she had plenty of

Basically, what I do is offer possibilities, then help them make decisions.

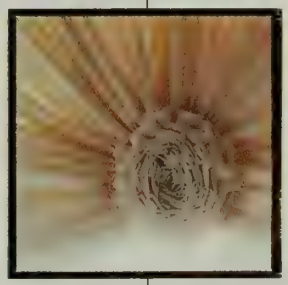
options to choose from: custom draperies, pleated shades, vertical blinds, shutters, top treatments, endless fabrics. And, of course, coordinating room

My client thinks we did a wonderful job here. And so do I.



accessories and carpeting. Even custom area rugs. She knew exactly what she wanted."





Our job is to bring fashion to life. To work with your ideas and create a room that's right for you. The process is very simple. You talk, we listen.

CALL TODAY FOR A FREE IN-HOME CONSULTATION
1 - 8 0 0 - 5 4 3 - 5 4 3 6

JCPenney Custom Decorating

A MARINER'S MASTER BATH
Shipshape and care-free

This sailing buff's two-room master bath add-on is water resistant, sunny, and well organized—desirable attributes for any bath.

Indoor/outdoor pleasures. Bill Waite's new spa (*right*) reflects his love for the outdoors. Whimsically shaped windows, skylights, and a pair of French doors to the courtyard deck afford an outdoor ambience. Bill popped in operable skylights to ventilate this "wet" area with its moisture-resistant redwood floor, cedar walls and ceiling, and playful, brick-mimicking ceramic-tiled shower.

Bill designed the large double shower with a jogged wall for privacy, so a door was unnecessary. "I use the shower every day," he says. "It's so open and well-ventilated that it's like being outside." The angled bench serves as a handy drying-off spot and stows the hot tub cover.

Steamy solution. A single French door closes off the spa's steamy air from the dressing area and adjacent master bedroom. For added moisture protection, Bill's seafaring experience came into play. He used sheets of teak veneer (a less expensive choice than solid teak) for the walls, the handcrafted vanity, and the curved wall of the walk-in closet/dressing room. Three coats of hard spar (marine) varnish and one coat of shell (dull) finish on the counters shrug off water.

Light and tidy. A small skylight over the vanity feeds in a slice of natural light to brighten the warm wood tones. To keep things shipshape, drawers with outlets keep hair dryers and shavers out of sight but ready to use. Removable storage inserts neatly organize toiletries.



PHOTOGRAPHS JOAN VANDERSCHUIT DESIGN BILL WAITE REGIONAL EDITOR SHARON HAVEN

▲ **The outdoors enters through windows and skylights.**



◀ **Moisture-resistant teak warms up the vanity/dressing space.**

Living up to a higher standard.
American Standard.™



Chosen for the permanent collection of one of America's premiere modern art museums. Design that works as beautifully as it looks.

Form following function.
The timeless design
of the Ellisse Suite.

American Standard

Shown is the Ellisse™ Suite of fixtures in White, with Amarilis™ faucets in Chrome.

For your nearest American Standard showroom call: 1-800-821-7700, Ext. 4023. In Alaska or Hawaii, 1-800-821-3777 Ext. 4023. For our brochures, write to American Standard, P.O. Box 6820, Dept. T, Piscataway, NJ 08855. American Standard Showplaces are located in Chicago (III Crossroads of Commerce, Suite 100, Rolling Meadows); Dallas (12344 Inwood Rd.); Los Angeles (116 N. Robertson Blvd.); New York (IDCNY, 29-10 Thomson Ave., LIC); Pittsburgh (100 Ross St.). ©1989 American Standard, Inc.

Get hundreds of gallons of water out of one



jug.

It boils down to this.
You can get the same quality from the water in your home that you now get from bottled water.
The difference is that you only have to run out for a

EcoWater home appliance once.
See the complete line at select retailers near you.
Or simply call 1-800-86-WATER, Ext. 15.

ECOWATER™ SYSTEMS

HIDDEN-BUT-HANDY 'POCKET KITCHENS'



▲ **Dramatic lighting and a mirrored back wall make this pocket kitchen a glittering asset to a protected deck. Bifold louvered doors close off the unit after entertainment hours. The sink is also handy for watering plants or washing up after gardening.**

Photographs: Gene Johnson. Architect: Alan Brunken, AIA. Regional editor: Nancy Ingram

Whether you need a place for a quick bite to fend off an attack of the munchies or a step-saving beverage bar for entertaining, a strategically placed "pocket kitchen" or wet bar adds convenience to your home. Typical location possibilities are the master suite, family room, or a basement rec area. But how about a protected outdoor deck, screened porch, or your hobby and crafts area in the garage?

These two examples display completely different personalities, but both contain the essentials: a small sink, a pint-size refrigerator, and enough storage and countertop to dish up summertime treats.

A mirror-backed pocket kitchen on a protected deck (*left*) fits snugly into a closet concealed by bifold doors. Open wide for an eye-catching wet bar and hors d'oeuvres center. The nearby counter conveniently sets up for a buffet.

The owner-designed, colonial-style wet bar (*below*) blends companionably with its traditional surroundings. A strip of outlets runs along the backsplash to power a popcorn popper or blender. The tambour door pulls down for a rolltop desk look when the bar is not in use.



▶ **No more dashing for the fridge during commercials with this wet bar in the room. It looks like a rolltop desk, but comes complete with glassware, refrigerator, wine rack, and a solid-surface countertop and sink.**

Photographs: D. Randolph Foulds. Design: Edward Gentry. Regional editor: Estelle Bond Guralnick

IF INSPIRATION DOESN'T COME TO YOU, SEND FOR IT.



FREE

For 20 colorful pages of Pella Windowscaping℠ ideas, call 1-800-524-3700 toll free. Or send this coupon to: Pella Windows and Doors, Dept. C00210, 100 Main Street, Pella, Iowa 50219.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

I plan to ☐ build ☐ remodel ☐ replace.

This coupon answered in 24 hours.

©90 Rolscreen Company.

BUILT TO IMPOSSIBLY HIGH STANDARDS. OUR OWN.

ENLIGHTENED TRADITION



With classic furnishings in light hues, this foyer minds its gracious traditional manners.

Guests who step across the threshold of this luminous foyer experience the renaissance of '90s traditional style. Shedding its dark past, the space moves out into the sunshine with a zesty, modern flair. To breathe new life into your traditional interior, borrow these enlightened attitudes:

Bring paneling out of the Dark Ages. Refurbish aging and cracked wood panels with the textural depth and focus of wall covering and paint. Here, a yellow embossed wall covering fills the insets of raised-molding panels. A strip of red paper, cut from a striped wall covering, is applied atop the molding to catch the eye and frame the panels.

Revitalize ancient seating with new textiles. New fabrics with light backgrounds contrast with dark, formal furnishings. This stylized flame stitch fabric has classic roots but a contemporary air. It wears a protective coat to keep grime at bay.

Create luxury with light. Today, *lux,* the Latin word for one-candle illumination, translates into new-world table lamps and wall sconces. For a cozy setting with light that warms colors and flatters the complexion, use incandescent light. Or, crown a room with halogen lighting, a modern light that produces little color distortion.

Photograph: James Yochum
Design: Susan Kroeger, ASID
Regional editor: Margaret Ann Fowler

TIPS, TOOLS, AND TECHNIQUES

This column contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

LINT-FREE WINDOW POLISHER

I found a way to end the problem of streaked windows when I clean them. I buy the cheapest automatic-drip coffee filters to shine my windows. They are lint-free and contain no chemicals that smear the glass.

Mary L. Thomas, Ironton, Ohio

HEARTH-TO-HEARTH TIP

Here's how to restore the luster to a stained slate fireplace hearth: Rub a small amount of lemon oil into the slate with a soft cloth. It works wonders, and your hearth will look lovely.

Carol M. Huff, Marcellus, Mich.

NO-MESS WINDOW PAINTING

To paint around window panes easily and quickly, use newspaper strips instead of masking tape. Cut the newspaper into 1½- to 2-inch strips, dampen in a small dish of water, squeeze out the excess water, and apply to the panes where they meet the wood. The dampened paper sticks just long enough to allow you to paint. After you're finished painting around each pane, carefully peel off the strips.

Lillian Rondeau, Westbrook, Maine

SEND US YOUR TIP

Mail your tip—along with a daytime phone number—to TTT, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We can't acknowledge or return letters. But if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas. BH&G

PIECE OF CAKE.





With Resolve™ Carpet Cleaner, even a toughie like grape juice is a piece of cake. Ditto for ketchup, cola, crayons or rust. And Resolve protects your carpet against future oily stains with DuPont TEFLON® soil and stain repellent.

So now you can have your cake—and clean it, too.

Take away the worry, take away the stain. Take out Resolve.



BRAWNY'S ART FOR THE MESSES.



Brawny, the artist with two of his latest prints.

Thanks to these new Brawny® prints, paper towels have just been elevated to a new form of art that is both beautiful and functional.



Our designs feature hearts and leaves, and cubes.

They're beautiful because there are seven new bold designs, some featuring two colors.

They're functional because Brawny has the biggest sheet you can buy, so they're big enough and tough enough for even the messiest spills.



The Big, Tough™ Towel.

And since Brawny paper towels can be found in the supermarket, this is one piece of art everyone can afford to hang on their kitchen wall.

© 1990 James River Corporation

BY JULIA MALLOY

THE NEW PANTRY

20 Ingredients for Today's Streamlined Cooking

Everything you need for tonight's dinner is on your shelf. And for tomorrow night, and the next. With the BH&G® food editors' pantry plan, it's easy. Our top-20 list of foods to keep on hand fits family-style cooking for the '90s: bold flavors, good nutrition, and convenience. Turn the pages for great recipes made from these foods. For more about our pantry, see *page 139.*

1 Colorful sweet peppers

2 Broccoli

3 Pears

4 Low-fat cheese

5 Low-fat yogurt

6 Lean ground beef or turkey

7 Boneless chicken breasts or turkey cutlets

8 Fresh or frozen fish fillets

9 Assorted pastas

10 Instant or quick-cooking brown rice

11 Refrigerated pizza dough

12 Frozen fruit juice concentrates

13 Loose-pack frozen vegetables

14 Stewed tomatoes

15 Ripe olives

16 Sodium-reduced or regular canned soups

17 Canned beans

18 Dried mushrooms

19 Almonds

20 Nonstick spray coating

RECIPES FROM THE NEW PANTRY



GARLIC BREAD TWISTS

See recipe, page 137.



BROCCOLI-CHEESE STROMBOLI

See recipe, page 136.

TWO-WAY MINESTRONE

Make this hearty soup, a meal in itself, in 20 minutes, start to finish—

- **12 oz. fresh *or* frozen fish fillets (cod, pike, *or* orange roughy) *or* skinless, boneless chicken breast halves *or* turkey breast tenderloin steaks**
- **2 14½-oz. cans reduced-sodium *or* regular chicken broth**
- **1 15-oz. can beans (garbanzo *or* kidney), rinsed and drained**
- **1 cup loose-pack frozen mixed vegetables**
- **1 medium onion, chopped (½ cup)**
- **½ cup cavatelli *or* other small pasta (shells, wheels, *or* macaroni)**
- **1 tsp. dried basil *or* thyme, crushed**
- **¼ tsp. pepper**
- **1 14½-oz. can Italian-style stewed tomatoes**

Garlic Bread Twists (optional)

- **Thaw fish,** if frozen. Remove skin. Cut fish or poultry into 1-inch pieces.
- **In a large saucepan stir** together broth, beans, vegetables, onion, pasta, basil or thyme, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.
- **Stir in *undrained*** tomatoes. Add fish or poultry. Return to boiling; reduce heat. Simmer, covered, till fish flakes easily or poultry is no longer pink, stirring once. For fish, allow 2 to 3 minutes; for poultry, allow 4 to 5 minutes. Serve with Garlic Bread Twists, if desired. Makes 4 servings.

Nutrition information per serving: *317 cal., 27 g pro., 46 g carbo., 4 g fat, 35 mg chol., 1,063 mg sodium, 778 mg potassium, and 7 g dietary fiber. U.S. RDA: 39% vit. A, 27% vit. C, 316% thiamine, 297% riboflavin, 59% niacin, 41% iron.*

continued on page 126



FETTUCCINE WITH PEPPER SAUCE

Colorful peppers brighten the easy soup-based sauce. For microwave directions, turn to page 137—

Nonstick spray coating
1½ cups broccoli flowerets *or* 1 medium pear, cored and chopped
1 medium red, green, *or* yellow sweet pepper, cut into ¾-inch squares
1 medium onion, chopped (½ cup)
1 Tbsp. cooking oil
12 oz. skinless, boneless chicken breast halves *or* turkey breast tenderloin steaks, cut into strips

• • •

1 10¾-oz. can reduced-sodium *or* regular condensed cream soup (chicken, celery, *or* broccoli)
½ cup water
1 tsp. dried basil, crushed
½ cup shredded low-fat cheese (cheddar *or* Swiss) (2 oz.)
8 oz. fettuccine *or* other noodle (spinach, carrot, *or* whole wheat), cooked, drained, and kept warm

● **Spray a cold large skillet** with nonstick coating. Preheat skillet over medium heat. Stir-fry broccoli or pear, sweet pepper, and onion for 3 to 4 minutes; remove from skillet. Add oil to skillet. Add poultry; stir-fry 3 to 4 minutes or till no longer pink.

● **Add condensed soup,** water, and basil to skillet; mix thoroughly. Stir in sweet pepper mixture. Bring to boiling; reduce heat. Add cheese; cook and stir till cheese is almost melted. Serve over hot cooked pasta. Makes 4 servings.

Nutrition information per serving: *495 cal., 35 g pro., 54 g carbo., 15 g fat, 64 mg chol., 530 mg sodium, 555 mg potassium, and 6 g dietary fiber. U.S. RDA: 51% vit. A, 113% vit. C, 29% thiamine, 27% riboflavin, 84% niacin, 11% calcium, 15% iron.*



SPICY FILLETS WITH YOGURT SAUCE

Pan-fry, micro-cook, broil, or grill this entrée in 20 minutes. For microwave, broiling, and grilling directions, turn to page 138—

1 lb. fresh *or* frozen fish fillets (snapper, cod, haddock, *or* orange roughy) *or* skinless, boneless chicken breast halves *or* turkey breast tenderloin steaks
2 tsp. curry powder *or* chili powder
¼ tsp. garlic salt
¼ tsp. onion salt
¼ tsp. pepper

• • •

1 tbsp. cooking oil
½ cup plain yogurt
¼ cup toasted sliced *or* slivered almonds *or* sliced pitted ripe olives

● **Thaw fish,** if frozen. Remove skin, if present. In a small bowl combine curry or chili powder, garlic salt, onion salt, and pepper. Rub seasoning mixture onto both sides of fish or poultry.

● **In a large skillet cook** fish or poultry in hot oil till fish flakes easily or poultry is no longer pink, turning once. For fish, allow 4 to 6 minutes for each ½ inch of thickness; for poultry, allow 8 to 10 minutes total. To serve, top each serving of fish or poultry with yogurt and almonds or olives. Makes 4 servings.

Nutrition information per serving: *195 cal., 25 g pro., 4 g carbo., 9 g fat, 42 mg chol., 203 mg sodium, 573 mg potassium, and 1 g dietary fiber. U.S. RDA: 14% riboflavin, 23% niacin, and 14% calcium.*

continued on page 128

continued from page 127



A boldly colored and flavored stir-fry encourages your whole family to eat vegetables.

CHICKEN AND PEAR STIR-FRY

- **6 dried mushrooms**
- **¾ cup cold water**
- **3 Tbsp. frozen fruit juice concentrate (orange, apple, *or* pineapple)**
- **2 Tbsp. soy sauce**
- **2 tsp. cornstarch**
- **¼ tsp. ground ginger**
- **¼ tsp. ground cinnamon**
- **⅛ to ¼ tsp. ground red pepper**
- **¼ cup sliced *or* slivered almonds**
- **1 Tbsp. cooking oil**
- **2 medium green, red, orange, *and/or* yellow sweet peppers, cut into thin 2-inch-long strips**
- **2 medium pears, thinly sliced**
- **12 oz. skinless, boneless chicken breast halves *or* turkey breast steaks, cut into 1-inch pieces**
- **Hot cooked brown rice**

● **Soak mushrooms** in warm water for 30 minutes. Drain and squeeze mushrooms; thinly slice. Discard stems.

● **For sauce,** combine cold water, juice concentrate, soy sauce, cornstarch, ginger, cinnamon, and ground red pepper; set aside.

● **Preheat a wok** over medium-high heat. Stir-fry almonds 1 minute to toast; remove.

● **Add oil.** Stir-fry mushrooms, peppers, and pears till crisp-tender; remove. Add poultry; stir-fry 3 minutes or till tender. Push to side.

● **Stir sauce;** add to center. Cook and stir till thickened. Cook for 1 minute more. Stir in pear mixture and poultry; heat through. Stir in almonds. Serve over rice. Serves 4.

Nutrition information per serving: *390 cal., 25 g pro., 50 g carbo., 11 g fat, 54 mg chol., 575 mg sodium, 577 mg potassium, 7 g fiber. U.S. RDA: 62% vit. C, 81% niacin, 21% thiamine, 23% riboflavin, 12% iron.*

continued on page 133

ITALIAN ACCENT



Del Monte® Italian Style Stewed Tomatoes provide all the spices you need to turn an ordinary chicken dinner into an Italian affair.

EASY CHICKEN CACCIATORE

2½ to 3 lb. broiler-fryer chicken, cut up
2 Tbsp. olive oil
2 cans (14½ oz. each) *Del Monte* Italian Style Stewed Tomatoes
1 can (6 oz.) *Del Monte* Tomato Paste
2 cups sliced mushrooms
1 cup sliced zucchini
1 tsp. basil, crushed
Hot cooked pasta

Brown chicken in oil, 10 minutes, turning occasionally; drain. Add tomatoes, tomato paste, mushrooms, zucchini and basil. Salt and pepper to taste, if desired. Cover and simmer 25 minutes. Serve over pasta. Garnish with parsley, if desired. 4 to 6 servings.

Prep time: 5 min. Cook time: 35 min.

WE GROW GREAT TASTE Del Monte Quality

©1990 Del Monte Corp.

HOW TO A QUICK

FAVORITE PANTRY RECIPE CONTEST

Enclosed is my Del Monte recipe(s) for the following category:

	Main Dish	Side Dish
Vegetable	☐	☐
Stewed Tomatoes	☐	☐
Vegetable/Stewed Tomatoes Combination	☐	☐

Name of recipe: _____

Mail entry to: Favorite Pantry Recipe Contest, P.O. Box 10614, Des Moines, Iowa 50336-0614

Name _____

Address _____

City _____ State _____ Zip _____

All entries must be received by 10/15/90.

DEL MONTE $1.00 REFUND

Enclose this certificate and 5 UPC codes from Del Monte® Canned Vegetables and 3 UPC codes from Del Monte Stewed Tomatoes.

Mail to: Del Monte $1.00 Refund, P.O. Box 8851, Clinton, IA 52736

We'll send you a check for $1.00.

Name _____

Address _____

City _____ State _____ Zip _____

Zip codes must be included. Your request must be made on this form. No duplication or reproduction, mechanical or otherwise, of this form will be accepted. LIMIT ONE REQUEST PER FAMILY, GROUP, ORGANIZATION OR ADDRESS. Offer good only in cities or towns where advertised by DEL MONTE Corporation or displayed by participating stores. Offer void where restricted by state or local laws or regulations. Offerer not responsible by state or local laws or regulations. Offerer not responsible for mail which is late, lost or not sent to the advertised P.O. Box. Offer good only in the U.S.A. Please allow 6-8 weeks for processing. Offer expires 10/31/90.

MAIL-IN CERTIFICATE—NOT REDEEMABLE AT YOUR GROCER

OFFER EXPIRES: 10/31/90



COOK UP $5,000

Here's your chance to win $5,000. Enter the Favorite Pantry Recipe Contest co-sponsored by Del Monte and Better Homes and Gardens.® It's simple. All you have to do is submit your favorite recipe using Del Monte® Stewed Tomatoes and/or Canned Vegetables. There's a total cash giveaway of $20,000, and 5,000 entrants will be given a Better Homes and Gardens® cookbook. So enter now!

Grand Prizes: Best Vegetable Recipe: $5,000. Best Stewed Tomatoes Recipe: $5,000.
First Prize: Best Vegetable/Stewed Tomatoes Combination Recipe: $4,000.
Second Prizes: Best Main Dish Recipe: $3,000. Best Side Dish Recipe: $3,000.
Third Prizes: 5 Whirlpool Microwave Ovens.
Honorable Mentions: 5,000 Better Homes and Gardens® Cookbooks.

Whirlpool Home Appliances



Contest Entry Rules:

1. Type or write each entry on a separate piece of paper and mail in with a completed entry form.
2. Give all measurements in level cups, tablespoons or teaspoons.
3. Entries must be received by October 15, 1990. Winners will be selected on or about January 15, 1991 and will be notified by mail. No responsibility is assumed for lost, late or misdirected mail.
4. The two Grand Prize winners will be announced in the September 1991 issue of Better Homes and Gardens® magazine. List of winners may be obtained by sending a self-addressed stamped envelope to Favorite Pantry Recipe Contest, c/o Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336.
5. Recipes must use Del Monte® Canned Vegetables and/or Stewed Tomatoes as an ingredient. All entries will be judged by Meredith Corporation and by Del Monte Corporation based on taste, appearance, appeal, and creative use of the Del Monte product. Decisions of judges are final.
6. If your recipe is judged a winner, you agree to give Meredith Corporation and Del Monte Corporation the right to use it in any manner and for as long as they wish. Meredith Corporation and Del Monte Corporation reserve the right to adjust and edit recipes.
7. All winners will be required to sign an affidavit certifying that their entries are original and not previously published.
8. All entry materials become the property of Meredith Corporation; no items will be returned.
9. Employees of Meredith Corporation and Del Monte Corporation, their affiliates and subsidiaries, their advertising agencies, and their families are not eligible. Contest is open to residents of USA (18 years of age or older).
10. This contest is subject to any federal, state, and local laws and regulations. All liability for federal, state, or other taxes imposed on a winner are responsibility of winners—not Meredith Corporation or Del Monte Corporation. Contest void where prohibited by law and in VT and MD.
11. Entry constitutes permission to use winners' name, likeness and photo for editorial, promotional and advertising purposes on behalf of Meredith Corporation and Del Monte Corporation. Winners will be asked to sign a release.

WE GROW VARIETY Del Monte Quality

THE RIGHT STUFF



Let quick, easy *Del Monte*® Corn do its stuff in a baked potato.

CHILI STUFFED POTATOES

4 medium baking potatoes
½ lb. ground beef
1 can (17 oz.) *Del Monte* Whole Kernel Golden Sweet Corn, drained
1 can (14½ oz.) *Del Monte* Original Style Stewed Tomatoes
½ cup *Del Monte* Tomato Ketchup
½ cup chopped green pepper
1 Tbsp. chili powder

Pierce potatoes; microwave on high 16 minutes or until soft, rotating halfway through. In large skillet brown meat; drain. Stir in corn, tomatoes, ketchup, pepper and chili powder. Cover and simmer 10 minutes. Slit potatoes; spoon 1 cup meat mixture over each potato. Garnish with sour cream, grated cheese and green onion, if desired. 4 servings.

Total time: 25 minutes.

WE GROW VARIETY Del Monte Quality

Monte Corporation

continued from page 128



PHOTOGRAPHS: SCOTT LITTLE; FOOD STYLIST: JANET HERWIG

GREEK-STYLE POCKETS

Turn pizza dough into bread pockets; stuff with a spiced meat filling.

1 lb. lean ground beef *or* turkey
1 14½-oz. can stewed tomatoes
½ tsp. ground allspice *or* cinnamon
¼ tsp. garlic salt
¼ tsp. pepper

• • •

1 10-oz. pkg. refrigerated pizza dough
Nonstick spray coating
½ cup plain yogurt
2 Tbsp. thinly sliced green onion
Paprika (optional)

● **For filling,** in a large saucepan cook meat till no longer pink. Drain off fat. Stir in *undrained* tomatoes, allspice, garlic salt, and pepper. Bring to boiling; reduce heat. Cover; simmer 15 minutes, stirring often. Uncover; simmer 10 minutes more or till most of the liquid has evaporated, stirring often.

● **Meanwhile, cut pizza** dough crosswise into 4 equal portions. On a lightly floured surface, roll each piece into a 7-inch round from center to edge. Spray a cold large skillet with coating. Cook dough rounds, one at a time, over low heat 2 minutes on each side or till light brown (they may shrink).

● **Combine yogurt and onion.** Spoon filling onto each dough round. Top with yogurt mixture and paprika, if desired. Fold; secure with toothpicks, if desired. Serves 4.

Nutrition information per serving: *462 cal., 34 g pro., 41 g carbo., 16 g fat, 93 mg chol., 742 mg sodium, 614 mg potassium, and 2 g dietary fiber. U.S. RDA: 24% vit. C, 34% thiamine, 47% riboflavin, 59% niacin, 12% calcium, 31% iron.*

continued on page 134

Dinner can be as simple as a satisfying sandwich, preferably one that's made from freshly baked bread and served warm.

YOUR RECIPE COULD WIN! What's in your pantry for a spur-of-the-moment meal? Send in your most creative recipe—you might win $5,000. For details, see Del Monte's advertisement, *page 130.*



RECIPES FROM THE

NEW PANTRY

continued from page 133

CHILI CHICKEN AND BROWN RICE

Round out this fix-and-forget one-dish meal with steamed broccoli—

- **1 lb. skinless, boneless chicken breast halves *or* turkey breast tenderloin steaks, cut into 6 portions**
- **1 Tbsp. cooking oil**
- **1 medium onion, chopped (½ cup)**
- **1 small green, yellow, *and/or* red sweet pepper, chopped (½ cup)**
- **1 clove garlic, minced**
- **1 14½-oz. can Mexican-style, Italian-style, *or* plain stewed tomatoes, cut up**
- **1 14½-oz. can reduced-sodium *or* regular chicken broth**
- **1¾ cups quick-cooking *or* instant brown rice**
- **Several dashes bottled hot pepper sauce**
- **½ cup shredded low-fat cheese (cheddar *or* Monterey Jack) (2 oz.)**
- **Sliced pitted ripe olives**
- **Plain yogurt**

● **In a large skillet cook poultry** in hot oil about 2 minutes on each side or till brown; remove and set aside. In the same skillet, cook onion, pepper, and garlic till tender but not brown. Drain off fat. Stir in *undrained* tomatoes, broth, *uncooked* rice, and hot pepper sauce. Bring to boiling; remove from heat and spoon mixture into a 12x7½x2-inch baking dish. Arrange chicken on top of rice mixture.

● **Bake, covered, in a 350° oven** for 30 to 35 minutes or till rice is done. Sprinkle with cheese. Let stand, uncovered, about 5 minutes or till cheese is melted. Sprinkle with olives; top with yogurt. Makes 6 servings.

Nutrition information per serving: *391 cal., 26 g pro., 49 g carbo., 10 g fat, 55 mg chol., 401 mg sodium, 322 mg potassium, 2 g dietary fiber. U.S. RDA: 22% vit. A, 28% vit. C, 24% thiamine, 25% riboflavin, 11% niacin, 10% iron.*



HEARTY RICE SKILLET

A meatless main dish that cooks in less than 20 minutes—

- **1 15-oz. can beans (black, garbanzo, *or* kidney), rinsed and drained**
- **1 14½-oz. can stewed tomatoes, cut up**
- **2 cups loose-pack frozen mixed vegetables**
- **1 cup water***
- **¾ cup quick-cooking *or* instant brown rice***
- **½ tsp. dried thyme *or* dillweed, crushed**
- **Several dashes bottled hot pepper sauce (optional)**
- **1 10¾-oz. can reduced-sodium *or* regular condensed tomato soup**
- **⅓ cup toasted slivered almonds**
- **½ cup shredded low-fat cheese (mozzarella *or* cheddar)**

● **In a large skillet stir** together beans, *undrained* tomatoes, vegetables, water, *uncooked* rice, thyme or dillweed, and hot pepper sauce, if desired. Bring to boiling; reduce heat. Simmer, covered, for 12 to 14 minutes or till rice is tender. Stir in soup; heat through. Stir in almonds. Top with cheese. Serve immediately. Makes 4 main-dish servings.

***Note:** If using instant brown rice, use only ⅔ cup water.*

Nutrition information per serving: *456 cal., 19 g pro., 73 g carbo., 12 g fat, 10 mg chol., 748 mg sodium, 824 mg potassium, and 14 g dietary fiber. U.S. RDA: 66% vit. A, 48% vit. C, 43% thiamine, 35% riboflavin, 37% niacin, 27% calcium, 23% iron.*

Buying Guide on page 90
continued on page 136

Now lose weight easily, deliciously and for good.





Creamy Potato Salad — just 130 calories a helping.

Peppery Beef and Vegetables — 316 calories a serving.



Strawberry-Topped Cheesecake — an innocent 206 calories a slice.

Better Homes and Gardens® Books announces America's first

DIET RECIPE CARD LIBRARY

Whether you've been on and off diets since you were a teenager, or just now want to lose a few pounds, the *Diet Recipe Card Library* is the best way we know to get slim and stay slim.

With 624 tantalizing recipes at your fingertips, you can finally cook regular meals the entire family will enjoy. You'll be eating satisfying, real food like Herbed Lamb with Apples, Spaghetti Pie, Chicken Parmesan, and Creamy Veal and Noodles. And for dessert, (yes, dessert!) Chocolate Pears or Strawberry Shortcake soothes even the most demanding sweet tooth. Plus, it's never been easier to cook low-calorie, because every recipe features a full-color photo of your finished dish, simple step-by-step instructions, calorie counts, and a nutrition analysis.



Fruity Breakfast Drink — only 92 calories a glass

Free gifts worth over $16.00.

All-new, low-calorie recipes your whole family will love.

Your first shipment of the *Diet Recipe Card Library* contains two special "Begin-Your-Diet" sets of recipe cards. You'll get two weeks worth of delicious recipes — 32 in all — for every meal of the day. You'll be amazed at the variety, and impressed with the results.

So go ahead. Do the two-week plan during your 14-day free trial and discover how the *Diet Recipe Card Library* can see you through to a lifetime of slimness. Just mail the FREE GIFT CERTIFICATE today, and try the great-tasting, family-pleasing delights that are in the cards for you.

© Copyright 1990 by Meredith Corporation. All Rights Reserved. Printed in the U.S.A.



- **Easy-to-follow cooking instructions and step-by-step photos.**
- **Special call-outs indicate recipes low in sodium or cholesterol.**
- **FREE Bonus Booklets — in every other shipment — covering dieting and exercise topics, menus, and more.**

FREE GIFT CERTIFICATE

YES! Please send me my FREE Diet Recipe Card File Box, 40 FREE Diet Recipe Divider Cards, and my FREE first set of 16 cards in the Better Homes and Gardens® *Diet Recipe Card Library*. Please also send the second set of cards for me to examine for 14 days FREE. If I am not entirely delighted, I will return the second set and owe nothing. If I keep the second set, I will be billed just $3.49 per set plus shipping and handling (and sales tax where applicable). I will then receive two *Diet Recipe Card Library* card sets in my second shipment, and three sets per shipment thereafter, always on a 14-day free-trial basis (and always for the same low price of $3.49 each), arriving about every six weeks until my *Diet Recipe Card Library* is complete.

Of course, I am not obligated to buy anything at any time and may cancel whenever I like simply by notifying you. Regardless of what I decide, the FREE GIFTS are mine to keep. *Note: Offer subject to approval and acceptance.*

SEND NO MONEY! MAIL TODAY TO:
Better Homes and Gardens® Books, P.O. Box 10674
Des Moines, Iowa 50336-0674

Print Name_____

Address_____

City_____ State_____ Zip_____

OVER $16.00 WORTH OF FREE GIFTS

The Diet Recipe Card File Box, 40 Divider Cards, and the first set of 16 Recipe Cards are yours — FREE — when you examine the second set FREE for 14 days. Keep your gifts even if you return the cards.

Check your color choice for file box:

Appliance White	Cinnamon Brown
Country Blue	Cranberry Red
Almond Beige	Wheat Yellow

115–356154

39-002



RECIPES FROM THE NEW PANTRY

continued from page 134

BROCCOLI-CHEESE STROMBOLI

A cheesy pizzalike filling wrapped in refrigerated pizza dough. Pictured on page 125—

- **6 dried mushrooms**
- **8 oz. ground meat (lean beef, sausage, pork, *or* turkey)**
- **1 medium onion, chopped (½ cup)**
- **1 14½-oz. can Italian-style *or* plain stewed tomatoes**
- **½ cup chopped broccoli**
- **½ tsp. Italian seasoning**
- **¼ tsp. pepper**
- **¼ cup chopped red *or* green sweet pepper**
- **¼ cup sliced pitted ripe olives**
- **Nonstick spray coating**
- **1 10-oz. pkg. refrigerated pizza dough**
- **1 cup shredded low-fat mozzarella cheese (4 oz.)**
- **Milk**
- **Sesame seed *or* poppy seed**

● **Soak dried mushrooms** in enough warm water to cover for about 30 minutes or till rehydrated. Squeeze to drain thoroughly. Thinly slice mushrooms, discarding stems.

● **For filling,** in a medium skillet cook meat and onion till meat is no longer pink and onion is tender. Drain fat. Stir in *undrained* tomatoes, broccoli, Italian seasoning, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or till most of the liquid has evaporated, stirring occasionally. Stir in red or green sweet pepper, olives, and mushrooms. Cool slightly.

● **Spray a 15x10x1-inch** baking pan with spray coating; set aside. On a lightly floured surface, roll pizza dough into a 14x12-inch rectangle. Cut dough into four 7x6-inch rectangles. Down the center of *each* rectangle, spoon *one-fourth* of the meat mixture. Sprinkle with cheese. Moisten the dough edges with milk. Bring the long edges together over filling; stretch and pinch to seal. Fold the ends up and over seam; seal.

● **Arrange rolls,** seam side down, on the prepared baking sheet. If desired, use hors d'oeuvre cutters to make 2 or 3 cutouts in tops or prick with a fork. Brush tops with milk; sprinkle with sesame seed or poppy seed. Bake, uncovered, in a 375° oven for 25 to 30 minutes or till light brown. Makes 4 servings.

Microwave directions: Prepare mushrooms as above. In a 2-quart microwave-safe casserole combine crumbled meat and onion. Micro-cook, covered, on 100% power (high) for 3 to 5 minutes or till no pink remains and onion is tender, stirring once. Drain well. Stir in *drained* tomatoes, broccoli, Italian seasoning, and pepper. Cook, uncovered, on high for 2 to 4 minutes or till heated through. Continue as above.

Nutrition information per serving: *430 cal., 28 g pro., 44 g carbo., 15 g fat, 62 mg chol., 931 mg sodium, 608 g potassium, and 1 g dietary fiber. U.S. RDA: 26% vit. A, 36% vit. C, 328% thiamine, 321% riboflavin, 69% niacin, 27% calcium, 43% iron.*

GARLIC BREAD TWISTS

Serve these easy breadsticks with Two-Way Minestrone, other soups, or salads. Pictured on page 124—

Nonstick spray coating
1 10-oz. pkg. refrigerated pizza dough
1 egg white
1 Tbsp. water
¼ tsp. garlic powder
Grated Parmesan cheese, sesame seed, *or* poppy seed

● **Spray a baking pan** with spray coating; set aside. Remove dough from package; do not unroll dough. Cut pizza dough roll crosswise into 12 slices. Unroll each slice into a rope. Cut each rope in half crosswise. Twist each rope, then place on a baking sheet.

● **In a small bowl stir** together egg white, water, and garlic powder. Brush egg white mixture onto dough. Sprinkle with Parmesan, sesame seed, or poppy seed. Bake in a 375° oven for 12 to 15 minutes or till golden brown. Serve warm. Makes 24 breadsticks.

To freeze: Place breadsticks in a freezer container; seal tightly, label, and freeze for up to 8 months. To reheat, arrange breadsticks on a baking sheet; bake in a 350° oven for 5 to 10 minutes or till heated through.

OUR STAPLE INGREDIENTS

When we created our recipes for the New Pantry, we counted on your having the following ingredients already on hand:

milk
eggs
cornstarch
flour
cooking oil
onions and onion salt
garlic, garlic salt or powder
soy sauce
bottled hot pepper sauce
black and red pepper
salt
sesame or poppy seed
dried herbs (such as basil, oregano, thyme, dillweed, and Italian seasoning)
spices (such as ginger, cinnamon, allspice, paprika, chili powder, and curry powder)

Nutrition information per breadstick: *34 cal., 1 g pro., 5 g carbo., 1 g fat, 0 mg chol., 70 mg sodium, 10 mg potassium, and 0 g dietary fiber.*

FETTUCCINE WITH PEPPER SAUCE

For picture, regular cooking directions, and nutrient content, turn to page 126—

1½ cups broccoli flowerets *or* 1 pear, cored and chopped
1 medium red, green, *or* yellow sweet pepper, cut into squares
1 medium onion, chopped
12 oz. skinless, boneless chicken breast halves *or* turkey breast tenderloin steaks, cut into strips
1 10¾-oz. can reduced-sodium *or* regular condensed cream soup (chicken, celery, *or* broccoli)
1 tsp. dried basil, crushed
½ cup shredded low-fat cheese (cheddar *or* Swiss) (2 oz.)
Hot cooked fettuccine *or* other noodle (spinach, carrot, *or* whole wheat) (8 oz. uncooked)

continued on page 138

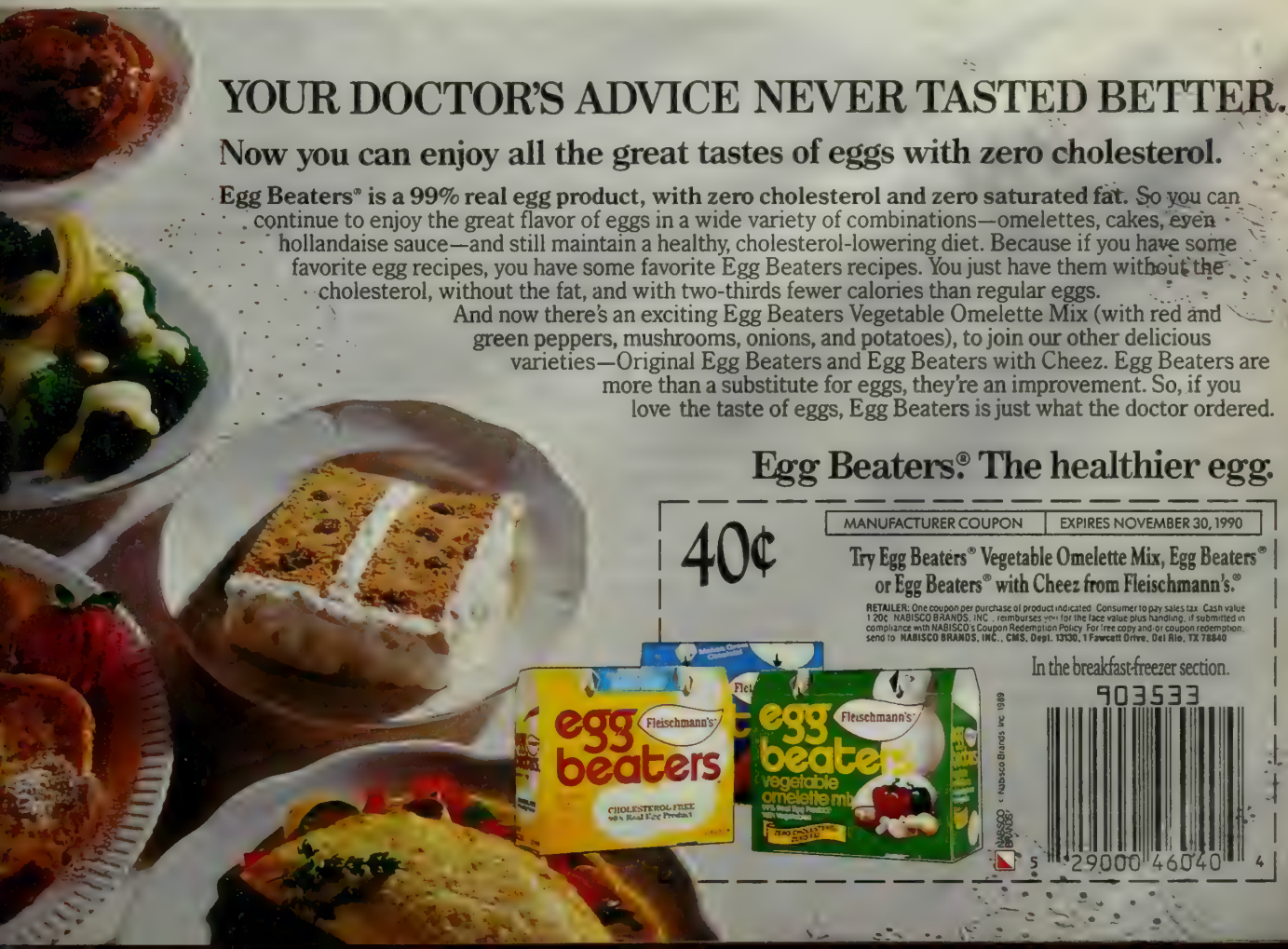
YOUR DOCTOR'S ADVICE NEVER TASTED BETTER.

Now you can enjoy all the great tastes of eggs with zero cholesterol.

Egg Beaters® is a 99% real egg product, with zero cholesterol and zero saturated fat. So you can continue to enjoy the great flavor of eggs in a wide variety of combinations—omelettes, cakes, even hollandaise sauce—and still maintain a healthy, cholesterol-lowering diet. Because if you have some favorite egg recipes, you have some favorite Egg Beaters recipes. You just have them without the cholesterol, without the fat, and with two-thirds fewer calories than regular eggs.

And now there's an exciting Egg Beaters Vegetable Omelette Mix (with red and green peppers, mushrooms, onions, and potatoes), to join our other delicious varieties—Original Egg Beaters and Egg Beaters with Cheez. Egg Beaters are more than a substitute for eggs, they're an improvement. So, if you love the taste of eggs, Egg Beaters is just what the doctor ordered.

Egg Beaters.® The healthier egg.



40¢

MANUFACTURER COUPON | EXPIRES NOVEMBER 30, 1990

Try Egg Beaters® Vegetable Omelette Mix, Egg Beaters® or Egg Beaters® with Cheez from Fleischmann's.®

RETAILER: One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/20¢. NABISCO BRANDS, INC. reimburses you for the face value plus handling, if submitted in compliance with NABISCO's Coupon Redemption Policy. For free copy and/or coupon redemption, send to: NABISCO BRANDS, INC., CMS, Dept. 13130, 1 Fawcett Drive, Del Rio, TX 78840

In the breakfast-freezer section.

903533

5 29000 46040 4

© Nabisco Brands Inc. 1989

It all adds up to





1990 Kraft General Foods, Inc.

RECIPES FROM THE NEW PANTRY

continued from page 137

● **In a 2-quart** microwave-safe casserole combine broccoli or pear, sweet pepper, onion, and 2 tablespoons *water.* Micro-cook, covered, on 100% power (high) for 4 to 6 minutes (low-wattage oven: 6 to 8 minutes) or till crisp-tender, stirring once during cooking. Drain vegetables and set aside.

● **Add poultry strips** to same casserole. Micro-cook, covered, on high for 4 to 6 minutes (low-wattage oven: 5 to 7 minutes) or till poultry is no longer pink, stirring once. Drain.

● **Stir in condensed soup,** ½ cup *water,* and basil. Stir in sweet pepper mixture. Cook, uncovered, on high for 3 to 5 minutes (low-wattage oven: 5 to 7 minutes) or till bubbly, stirring once. Add cheese; stir till melted. Serve over hot cooked pasta. Makes 4 servings.

SPICY FILLETS WITH YOGURT SAUCE

Serve with sliced peppers and pears, as pictured on page 127. You'll find stove-top cooking directions and nutrition information there, too—

- **1 lb. fresh *or* frozen fish fillets (snapper, cod, haddock, *or* orange roughy) *or* skinless, boneless chicken breast halves, *or* turkey breast tenderloin steaks**
- **2 tsp. curry powder *or* chili powder**
- **¼ tsp. garlic salt**
- **¼ tsp. onion salt**
- **¼ tsp. pepper**
- **½ cup plain yogurt**
- **¼ cup toasted sliced almonds *or* sliced pitted ripe olives**

● **Thaw fish,** if frozen. Remove skin, if present. In a bowl combine curry or chili powder, garlic salt, onion salt, and pepper; rub onto both sides of fish or poultry.

Microwave directions: In an 8x8x2-inch microwave-safe baking dish arrange fish with thicker portions toward edges. Turn under any thin portions to obtain an even thickness of about ½ inch.

Cover dish with vented microwave-safe plastic wrap. Micro-cook on 100% power (high) till fish flakes easily or poultry is no longer pink, rearranging once. For fish, allow 4 to 7 minutes; for poultry, allow 6 to 8 minutes. To serve, drizzle with yogurt. Top with almonds or olives. Makes 4 servings.

Broiling directions: On a greased unheated rack of a broiler pan arrange coated fish or poultry. Tuck under any thin edges. Broil 4 to 5 inches from heat till fish flakes easily or poultry is no longer pink, turning once. For fish, allow 4 to 6 minutes for each ½ inch of thickness; for poultry, allow 12 to 15 minutes total. To serve, top with yogurt and almonds or olives. Makes 4 servings.

Grilling directions: In a well-greased grill basket arrange coated fish. Place fish or poultry on grill rack directly over *medium-hot* coals. Grill, uncovered, till fish flakes easily or poultry is no longer pink, turning once. For fish, allow 4 to 6 minutes for each ½ inch of thickness; for poultry, allow 15 to 18 minutes total. To serve, top with yogurt and almonds or olives. Makes 4 servings.

one delicious pasta salad.



Here's a Quick Tip From Miracle Whip.®

Mix ½ cup KRAFT House Italian Dressing,
1 cup MIRACLE WHIP® Salad Dressing, 6 cups cooked corkscrew pasta,
and 3 cups cut up vegetables until well blended. Chill.

THE NEW PANTRY

Our pantry of 20 ingredients promises convenience, good nutrition, and bold flavors. Here are some more reasons to keep these foods in your kitchen.

Sweet peppers: Today's rainbow of pepper colors brightens your cooking.

Broccoli: These bushy stalks boast of fiber and vitamins A and C. Broccoli and its cruciferous cousins, such as cabbage and brussels sprouts, may help prevent heart disease and some forms of cancer.

Pears: No longer a fall fruit, juicy pears are available all year.

Low-fat cheeses: You'll find more types of cheeses available in low-fat form. Look for shredded or sliced.

Low-fat plain yogurt: Remember when yogurt was a health food? Now it's a healthful cooking staple.

Lean ground beef or turkey: A family favorite for decades, ground beef has leaned up. To be called lean, beef can have no more than 10 percent fat by weight. Turkey, as an option, is gaining a following.

Boneless, skinless chicken breasts or turkey cutlets: These cut the fat from family meals and save you time.

Fresh or frozen fish fillets: Another quick-cooking, lean entrée.

Pasta: It's nutritious, fast-cooking, and you can do lots with it.

Quick-cooking or instant brown rice: Cook rice in 10 minutes or less.

Refrigerated pizza dough: No rising or thawing, this handy dough makes more than pizza. Use it as a crust, a wrapper, pocket bread, or breadsticks.

Frozen fruit juice concentrate: Pick from a growing number of flavors.

Loose-pack frozen vegetables: Exciting new unseasoned combinations take the ho-hum out of vegetables.

Stewed tomatoes: This kitchen basic now comes plain, no salt added, or seasoned—Italian, Mexican, or Cajun.

Ripe olives: The popularity of Mediterranean and Mexican cooking makes black olives a pantry essential.

Canned soups: Lower sodium alternatives keep this standby in step with today's tastes.

Canned beans: With the protein in beans, you can often cut back or eliminate meat in cooking.

Dried mushrooms: Soak this flavorful oriental import to use in recipes calling for mushrooms.

Almonds: Go nuts—a toasty sprinkle dresses up almost anything, adding protein and monounsaturated fat.

Nonstick spray coating: One squirt eliminates the mess of greasing dishes and the added fat.

MICROWAVE NOTE

Our microwave recipes are thoroughly tested in a variety of microwave ovens, including high-wattage (600 to 700 watts) and low-wattage (400 to 500 watts) ovens. If the low-wattage cooking times differ from the high-wattage times, they appear in parentheses.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.

You can check the vitamin and mineral levels for each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we base our nutrition analyses on the first one that's mentioned. The order that we list ingredients in a recipe does not mean that we prefer one ingredient or the other.

We use the first serving size listed.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

Calories—2,000
Protein—50 grams
Fat—no more than 67 grams
Cholesterol—no more than 300 milligrams
Sodium—500 to 3,000 milligrams
Fiber—20 to 30 grams

Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Southwestern-Style Main Dishes

● Microwave versions of southwestern favorites ● Fruit and vegetable salsas to serve over meats ● Mexican recipes with a healthful twist ● Family-style, quick-to-fix Tex-Mex dishes

Cheesecakes

● Lean and luscious cheesecakes with fewer calories and less fat ● Favorite recipes with specialty sauces ● Make-ahead versions for busy cooks

WINNERS IN THIS ISSUE (pages 143 and 144)

$200 Winners

Linda Lehman, *Slidell, La.*
Mrs. Lloyd Mordy, *Independence, Kans.*

$100 Winners

Dorothy DeWyze, *Palatine, Ill.*
Ann Elsie Schmetzer, *Madisonville, Ky.*

Honor Roll Winners

Livia T. Carothers, *Elizabethtown, Ky.;* Betty Cornelison, *Portland, Oreg.;* Pat Hockett, *Alva, Okla.;* Prudy Kohler, *San Francisco, Calif.;* Darlene M. Mason, *Burlington, N.J.;* Laurie Schwab, *Eden, N.Y.*

CONTEST RULES

1. Contest is open to U.S. residents, except employees of Meredith Corporation, its affiliates, subsidiaries, and families. **2.** With each entry clearly type or print your name, address, and recipe marked "April Southwestern-Style Main Dishes" or "April Cheesecakes." Specify brands of ingredients used and recipe origin. **3.** Address recipes to 9104 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** All entries must be postmarked by September 30, 1990. **5.** Winners will be selected about 60 days later and will be notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes.

WIN MONEY FOR YOUR RECIPES
See Page 140 For Details

...CHEN ®
...RIZE
TESTED
RECIPES®



PASTA FAVORITES

File under Pasta
September, 1990

$200 WINNER *Linda Lehman, Slidell, La.*

LINGUINE WITH CHICKEN AND PEANUT SAUCE

Whether Linda serves this Thai-style pasta to company or as a quick dinner for her family, it's always a hit at her house—

- **1 lb. skinned, boneless chicken breast**
- **1 14½-oz. can chicken broth**
- **2 Tbsp. soy sauce**
- **2 Tbsp. dry white wine *or* water**
- **1 Tbsp. cornstarch**
- **⅛ to ¼ tsp. ground red pepper**
- **½ cup peanut butter**
- **1 Tbsp. peanut oil *or* cooking oil**
- **2 cloves garlic, minced**
- **1 tsp. grated gingerroot**
- **1 medium onion, thinly sliced and separated into rings**
- **8 oz. linguine, cooked and drained**
- **2 green onions, sliced**
- **Papaya slices (optional)**

Cut chicken into bite-size pieces; set aside. For sauce, in a medium mixing bowl stir together chicken broth, soy sauce, wine or water, cornstarch, and red pepper. Blend in peanut butter. Set aside. Preheat a large skillet over high heat. Add peanut oil. (Add more oil as necessary during cooking.) Stir-fry garlic and gingerroot in hot oil 15 seconds. Add onion; stir-fry 2 to 3 minutes or till onion is crisp-tender. Remove vegetables from skillet. Add *half* of the chicken to the skillet. Stir-fry about 3 minutes or till done. Remove chicken. Repeat with remaining chicken. Return all chicken to skillet. Push chicken from center of skillet. Stir sauce; add to center of the skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Return vegetables to skillet; stir to coat with sauce. Heat through. Serve atop hot cooked linguine. Sprinkle with sliced green onion. Serve with sliced papaya, if desired. Makes 6 servings.

Nutrition information per serving: *412 cal., 30 g pro., 36 g carbo., 17 g fat, 48 mg chol., 711 mg sodium, 400 mg potassium, and 2 g dietary fiber. U.S. RDA: 10% riboflavin, 83%*

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE
TESTED
RECIPES®



ANYTIME SNACKS

File under Appetizers and Snacks
September, 1990

$200 WINNER *Mrs. Lloyd Mordy, Independence, Kans.*

POPCORN CRUNCH

Pack chocolaty Popcorn Crunch in bag lunches or keep it on hand for a quick munch between meals—

- **Nonstick spray coating**
- **1½ lb. chocolate-flavored confectioner's coating, cut up**
- **3 Tbsp. peanut butter**
- **14 cups popped popcorn**
- **3 cups crisp rice cereal**
- **2 cups dry roasted peanuts**

Spray a large cookie sheet with nonstick coating; set aside. In a large microwave-safe bowl combine confectioner's coating and peanut butter. Micro-cook on 100% power (high) for 2 to 3 minutes or till chocolate is melted, stirring after every minute.

Meanwhile, in a very large bowl combine popcorn, cereal, and peanuts. Pour warm melted chocolate mixture over popcorn mixture, tossing to coat well. Spread onto prepared cookie sheet; cool thoroughly. Break apart and store in a tightly covered container for up to 5 days. Makes 22 cups.

Nutrition information per 1 cup serving: *283 cal., 5 g pro., 32 g carbo., 17 g fat, 0 mg chol., 175 mg sodium, 151 mg potassium, and 2 g dietary fiber. U.S. RDA: 17% thiamine, 23% niacin.*





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens' cookbooks! The 10th Edition of the famous ... *New Cook Book* has 1,590 recipes. The solid-red

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

ANYTIME SNACKS

File under Appetizers and Snacks
September, 1990



$100 WINNER *Dorothy DeWyze, Palatine, Ill.*

PERFECT PASTRAMI PIZZA BITES

The tasty combination of pastrami, olives, cheese, and sprouts on this French bread pizza makes it a winner—

- **¼ cup margarine *or* butter, melted**
- **½ tsp. dried basil, crushed**
- **¼ tsp. dried oregano, crushed**
- **⅛ tsp. pepper**
- **1 16-inch loaf French bread, split lengthwise**
- **8 oz. sliced pastrami**
- **1 6-oz. can tomato paste**
- **⅓ cup chili sauce**
- **¼ cup chopped green pepper**
- **¼ cup chopped pitted ripe olives**
- **2 Tbsp. sliced green onion**
- **1½ cups shredded mozzarella cheese (6 oz.)**
- **1 medium tomato, chopped**
- **¼ cup grated Parmesan cheese**
- **1 cup alfalfa sprouts**

Stir together melted margarine, basil, oregano, and pepper. Brush over cut sides of bread halves. Place bread, spread side up, on a large baking sheet. Top both loaf halves with pastrami slices. In a small bowl stir together tomato paste, chili sauce, green pepper, olives, and green onion. Spread over pastrami. Bake in a 400° oven for 15 minutes. Top with mozzarella cheese, tomato, and Parmesan cheese. Return to oven. Bake for 3 to 5 minutes more or till cheese melts. Top with alfalfa sprouts. Slice each loaf half into 8 pieces. Makes 16 servings.

Nutrition information per serving: *178 cal., 9 g pro., 19 g carbo., 7 g fat, 15 mg chol., 512 mg sodium, 222 mg potassium, and 1 g dietary fiber. U.S. RDA: 12% vit. A, 14% vit. C, 17% thiamine, 17% riboflavin, 17% niacin, 16% calcium.*

Buying information, page 90.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PASTA FAVORITES

File under Pasta
September, 1990



$100 WINNER *Ann Elsie Schmetzer, Madisonville, Ky.*

SPINACH AND ORZO PIE

Orzo, also known as rosamarina, is a rice-size pasta. Look for it in the pasta section of your grocery store. Or, substitute 3 cups of cooked tiny bow ties or elbow macaroni—

- **2 beaten eggs**
- **3 cups cooked orzo (1½ cups uncooked)**
- **1 15½-oz. jar chunky spaghetti sauce**
- **⅓ cup grated Parmesan cheese**
- **1 10-oz. pkg. frozen chopped spinach**
- **½ cup ricotta cheese**
- **¼ tsp. ground nutmeg**
- **½ cup shredded fontina *or* mozzarella cheese**

In a medium bowl combine eggs, the cooked orzo, *½ cup* of the spaghetti sauce, and Parmesan cheese. Spread mixture over bottom and up sides of a greased 9-inch pie plate to form a shell.

Cook spinach according to package directions; drain well. In another bowl stir together spinach, ricotta cheese, and nutmeg. Spoon into bottom of pasta-lined plate. Spread remaining spaghetti sauce atop filling. Cover edge of pie with foil. Bake in a 350° oven for 30 minutes. Remove from oven.

Top with shredded cheese. Return to oven and bake for 3 to 5 minutes more or till cheese is melted. Transfer to a wire rack; let stand for 5 minutes before serving. Makes 6 main-dish servings.

Nutrition information per serving: *316 cal., 15 g pro., 37 g carbo., 13 g fat, 96 mg chol., 602 mg sodium, 477 mg potassium, and 2 g dietary fiber. U.S. RDA: 78% vit. A, 23% vit. C, 23% riboflavin, 10% niacin, 32% calcium, 14% iron.*

Photographs: Scott Little

HONESTEA



This is Tetley's golden standard. It's got to be as refreshing as the picture promises. It's got to have that tiny little tea leaf taste. We're hearing now that more and more folks are switching to Tetley® from their usual brand. We'd be lying if we said we were sorry about that.

BETCHA GONNA LIKE IT BETTER, TOO.™



RECIPE BY REQUEST: KIWI LIME PIE



WILLIAM K. SLADCIK, INC.

A tortelike pie—layers of tender pastry, jelly, and lemon-lime custard. Fix a day ahead and chill.

Now that kiwi fruit is mainstream, this pie is even more popular than when we first printed it in 1980.

KIWI LIME PIE

¾ cup sugar
⅓ cup all-purpose flour
1¾ cups milk
3 beaten eggs
¼ cup margarine *or* butter
2 tsp. finely shredded lime peel
¼ cup lime juice
1 8-oz. carton lemon yogurt
Few drops green food coloring
Pastry for Double-Crust Pie
¼ cup apple jelly
Whipped cream
2 kiwi fruits, peeled and sliced
1 *or* 2 limes, sliced

In saucepan combine sugar, flour, and ⅛ teaspoon *salt.* Stir in milk. Stir over medium heat till bubbly. Reduce heat; cook and stir 2 minutes more. Remove from heat. Stir *1 cup* of hot mixture into eggs. Return to saucepan; cook and stir till thickened. Cook and stir 2 minutes more. *Do not boil.* Remove from heat. Stir in margarine, lime peel, and juice. Fold in yogurt. Tint with food coloring. Cover surface with plastic wrap; cool.

On a floured surface roll *half* the pastry into a 12-inch circle. Line a 9-inch pie plate with pastry. Trim and flute edge; prick pastry. Bake in a 450° oven 10 to 12 minutes. Cool. Divide remaining pastry in half. Roll each half to circles ⅛ inch thick; cut an 8¾-inch circle out of one portion and an 8-inch circle out of other portion. Place circles on a baking sheet; prick. Bake in 450° oven 10 minutes. Cool.

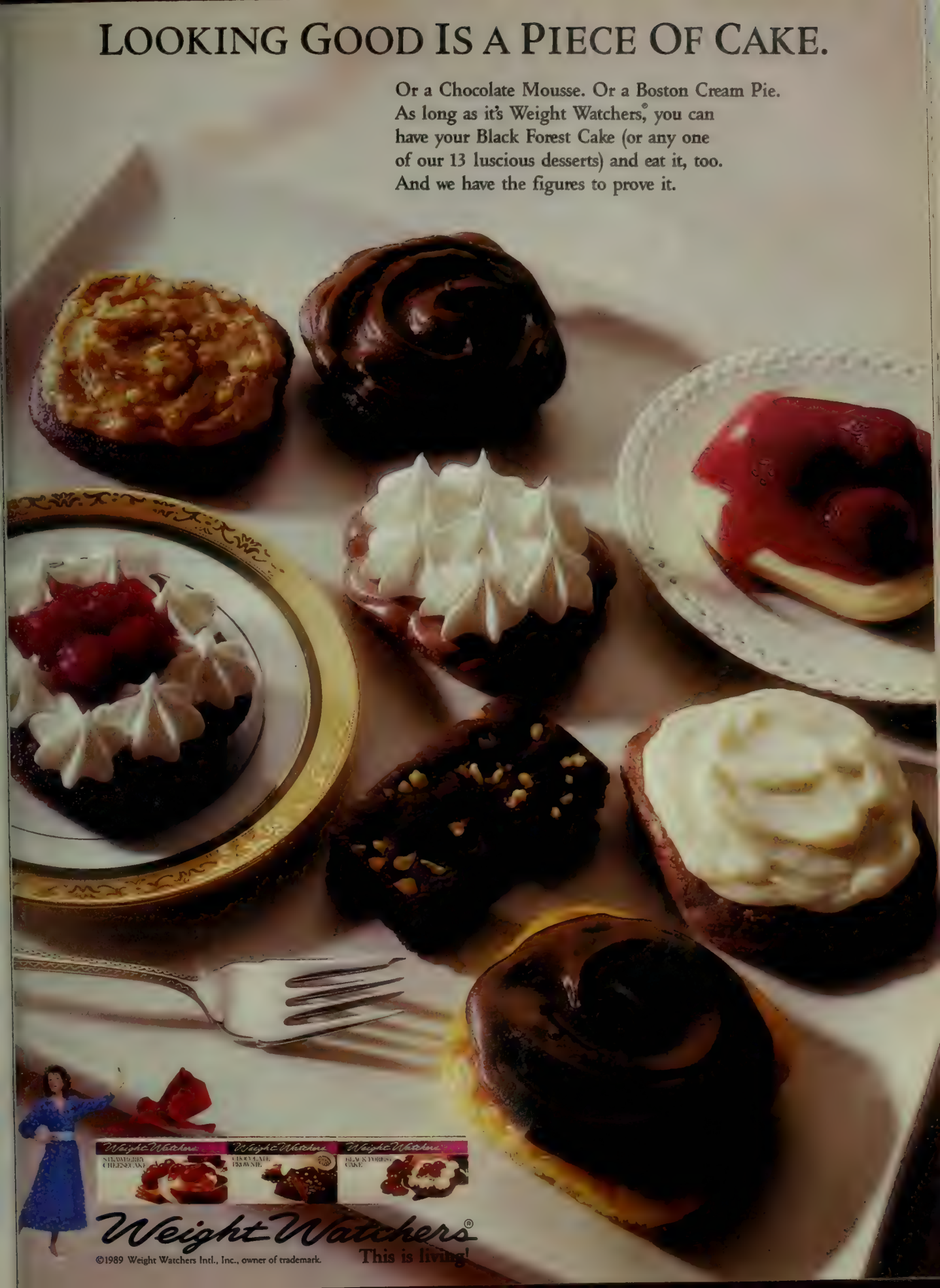
Brush the pastry shell with some jelly. Place about *1 cup* custard in shell. Cover with 8-inch pastry; brush with jelly. Spread with *1¼ cups* custard. Top with 8¾-inch pastry. Top with remaining jelly and custard. Cover; chill pie overnight. To serve pie, garnish with whipped cream, kiwi fruit slices, and lime slices. Makes 8 servings.

Pastry for Double-Crust Pie: Stir together 2 cups *all-purpose flour* and 1 teaspoon *salt.* Cut in ⅔ cup *shortening.* Sprinkle 1 tablespoon *water* over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened (6 to 7 tablespoons total). Form dough into a ball.

Nutrition information per serving: *528 cal., 10 g pro., 66 g carbo., 26 g fat, 108 mg chol., 440 mg sodium.*

LOOKING GOOD IS A PIECE OF CAKE.

Or a Chocolate Mousse. Or a Boston Cream Pie. As long as it's Weight Watchers®, you can have your Black Forest Cake (or any one of our 13 luscious desserts) and eat it, too. And we have the figures to prove it.



Weight Watchers®

©1989 Weight Watchers Intl., Inc., owner of trademark.

This is living!



What many other car repair guarantees cover after 90 days.

LIFETIME SERVICE GUARANTEE

The Lifetime Service Guarantee lasts for as long as you own your Ford, Lincoln or Mercury. That's Peace of Mind.℠

Most car repair guarantees last for only 90 days or 4,000 miles. Ours lasts a lifetime.

A lifetime means you only pay for a covered repair once. If it ever needs to be fixed again, just hand a copy of the bill to your dealer. He'll fix it free. Free parts. Free labor. For as long as you own your vehicle.

A lifetime means it doesn't matter how many miles you drive. Or if your car is new or used. And that means LSG covers more parts and labor longer than anyone else. Which makes it America's best car repair guarantee.

QUALITY CARE FOR QUALITY CARS™

FORD
MERCURY
LINCOLN

Ask a participating Ford or Lincoln-Mercury dealer for LSG. Because Peace of Mind is having a guarantee that won't disappear.

© 1990 Ford Motor Company













MEGA-MILEAGE MOTORING

Gas-saving cars

Environmentalists are urging Americans to drive less, to walk, bicycle, or use public transit more. Yet few of us drive more than we have to, good public transportation is rare, and only a handful of us are close enough to walk or bike to work.

So how do we cut back on auto tailpipe emissions? For now, the answer is to drive a car that gets good mileage.

To give you some examples, we chose six cars with an estimated Environmental Protection Agency highway fuel rating of 35 miles per gallon or more. Our selections are stingy with the gas but generous in other respects, such as reliability, styling, and handling.

Bigger cars are still more comfortable on long trips or large-family outings. But about 93 percent of all miles traveled in cars are short commuter hops, and most of those trips include only a single occupant. This type of driving is well suited for small, fuel-efficient cars. Here are our favorites. Prices and mileage estimates are based on 1990 figures, except for the Ford Escort, which is a midyear model.

GEO METRO XFI, $6,250

MPG: 58 highway/53 city

Our mileage champion, the Geo Metro XFi weighs in at just 1,600 pounds and is powered by a 1.0-liter, 3-cylinder engine. The 49-horsepower motor is surprisingly peppy and capable of running with the rush-hour crowd. Nimble handling and parking make this car a delight to drive.

The high-mileage XFi is available as a hatchback with a five-speed transmission. The standard Metro and Metro LSi come in two- or four-door hatchback versions with optional automatic transmission. The LSi with an automatic shift offers the "worst" mileage of the Metro models: a still-admirable 39 highway/37 city.

HONDA CIVIC CRX HF, $9,145

MPG: 49 highway/43 city

The Civic name has become synonymous with small, efficient, well-designed automobiles since it first appeared in the early '70s.

The front-wheel-drive CRX is a two-seater, but the area behind the seats is adequate for small shopping loads. The HF model uses a small, 62-horsepower, 1.5-liter engine. The standard CRX has a 16-valve, 92-horsepower version of that engine and the CRX Si has a 108-horsepower, 1.6-liter engine. Some have jokingly likened the CRX to a motorized roller skate. But the owners of these peppy commuter cars get the last laugh every time they zip past a gas pump.

DODGE/PLYMOUTH/ MITSUBISHI COLT, $7,136

MPG: 36 highway/31 city

You can find Colts in a Dodge showroom, a Plymouth showroom, or under the Mirage banner in a Mitsubishi showroom. Mitsubishi has supplied Chrysler with these small, well-detailed cars for years. The two-door hatchback offers an 81-horsepower, 1.5-liter engine with a four-speed manual transmission. The Colt is no pocket rocket, but it accelerates decently when merging onto highways.

TOYOTA TERCEL, $6,488

MPG: 36 highway/31 city

This front-wheel-drive car is powered by a 1.5-liter, 78-horsepower, 4-cylinder engine with three valves per cylinder for more efficient operation. Though you won't find a lot of flash or pizzazz in the Tercel models, their price and fuel efficiency make them inexpensive to buy and inexpensive to operate. That's a great combination for a first car, or a second commuter car for families. You can find the Tercels in a two-door hatchback or a two-door coupe.

FORD ESCORT PONY, $7,565

MPG: 36 highway/29 city

Good looks, reliability, competitive prices, and a strong dealer and service network, have made the Escort one of the most popular cars sold in the U.S. for years. The Escort Pony's 88-horsepower, 1.9-liter, 4-cylinder engine is a new version of previous models, and

continued on page 163

BY MIKE KNEPPER

Aerostar Outshines Lumina



Ford Aerostar offers 12 key advantages over Chevy Lumina APV.

- **20% more horsepower**
  145 hp vs. 120 hp–for acceleration and passing
- **23% more cargo room**
  26.7 more cubic ft. than Lumina–with rear seats removed
- **More than twice the maximum towing capacity**
  4,900 lbs. vs. 2,000 lbs.
- **Standard rear anti-lock brakes**
  For more controlled rear braking
- **Optional 4-speed automatic overdrive transmission**
  Not available on Lumina
- **Shorter overall length**
  174.9 in. vs. 194.2 in.–for easier parking and maneuvering
- **Longer wheelbase**
  118.9 in. vs. 109.8 in.–contributes to a smoother ride
- **More headroom**
  10% more in front, 7% more in the middle row, 13% more in the rear row
- **More legroom**
  14% more in the middle row and 10% more in the rear row
- **Direct sliding side door access to rear seating**
  You have to move one of Lumina's middle row seats
- **Optional 4-wheel drive system**
  For more road traction and better handling–not available on Lumina
- **Priced over $1,000 less**
  Based on sticker price of comparably equipped 2WD Aerostar XLT with option package 403B and Lumina APV CL

It all adds up. Ford Aerostar outshines Chevy Lumina!

Buckle up–together we can save lives.

Have you driven a Ford...lately?

Ford

Mexico entices visitors with historical cities, Indian pyramids, and beaches lined with palm trees.





MEXICO

continued on page 154

ALLEN RUSSELL/PROFILES WEST; TOP INSET PHOTO: E. DORIS LEE; BOTTOM INSET PHOTO: DOUGLAS PEEBLES; GRAPHICS: DEL ERICKSON

TRAVEL

continued from page 153

From the sweep of a matador's crimson cape to the swirl of a flamenco dancer's skirt, Mexico is a kaleidoscope of vivid impressions. Discover the pleasures of Mexico City, the charms of colonial towns, and the mysteries of Indian ruins. Then head for such exotic beach resorts as Cancun and all-new Huatulco.



Pyramid of Kukulcan, Chichen Itza

MIKE KIRKPATRICK/PROFILES WEST

MEXICO CITY

Musuems, parks, and history. One of the largest metropolises in the world, Mexico City hums with humanity. Compare its population of 20 million to Canada's of 26 million, and you know it packs a lot of people into a relatively small space. You'll notice the crunch most on the roads, which sometimes resemble a bumper-car derby. To add to the confusion, Mexicans give blocks of the same street different names. Rent an auto only if your doctor says you need more stress.

Mexico's capital ranges from the highly sacred—the Basilica of the Virgin of Guadalupe—to the joyously secular, like drive-in mariachi serenades at Garibaldi Square. At the Ballet Folklorico in the Fine Arts Palace, the history and regional specialties of Mexico come to compelling life in music and dance. The Zona Rosa tops the list for upscale shopping and dining.

Mexico City takes your breath away—literally. Go slowly at first so your body can adjust to the altitude.

Treasures of the past. Even if you've never visited a museum, treat yourself to the National Museum of Anthropology in Chapultepec Park. Feast your eyes on items from Mexico's major archaeological finds, as well as replicas of ancient communities and temples. The Teotihuacan room shows you the blues, reds, yellows, and other colors that adorned the now gray pyramids. The incredible Mexica collection includes a stone ocelot with a basin believed to have held the hearts of sacrificial victims, the 24-ton Aztec Calendar Stone, and a replica of Montezuma's feathered headdress. Other items to note: a reproduced tomb from Monte Alban plus magnificent examples of Mixtec crafts, a huge Olmec head, and the replica of a Mayan temple.

Pleasures of the present. Gigantic Chapultepec Park also features a zoo, Botanical Gardens, an amusement park, Emperor Maximilian's castle, and other museums. Explore on Sunday when the park bristles with vendors, Indian dancers and other performers, and families enjoying their day off with picnics, soccer, and boating.

Two luxurious hotels sit side by side across the street from the park, the Stouffer Presidente ($110 doubles) and Hotel Nikko Mexico ($150).

The plaza and great Aztec temple. Unlike most zocalos in Mexico, the main plaza in the capital is not inviting, only grandiose. Paved instead of grassy, and without trees, it lacks personality and people at play. The interest comes from the buildings, including the Cathedral and the National Palace, with powerful Diego Rivera murals, surrounding one of the world's largest squares.

Be sure to examine the unique fountain, east of the Cathedral, that graphically depicts what ancient Mexico City looked like when it was the island home of Indians. Next to the model, walk through the Templo Mayor, the most sacred spot in the Aztec empire. Cortés and his conquistadors destroyed this partially exposed, multilevel Aztec pyramid, then topped it with Spanish colonial buildings. You can view some of the unburied treasures at the adjoining museum.

Teotihuacan. Besides the Anthropology Museum, the other must-do is an excursion to the ancient city of Teotihuacan (Tay-oh-tee-wha-CAN), 30 miles northeast. Built some 2,000 years ago by the Teotihuacans, the "place where the gods were made" became an Aztec ceremonial center. The 1½-mile Street of the Dead begins at the Citadel and ends at the Pyramid of the Moon. The Pyramid of the Sun, the New World's largest surviving antiquity, dominates the complex and is as wide as its Egyptian counterpart but only about half as high.

The view from the top of the sun temple makes it well worth the climb. Every 52 years, the builders added a new section to their pyramids. These levels form great catch-your-breath stops.

Vendors at Teotihuacan will swarm around you like children around a piñata, especially by the Pyramid of the Sun. The higher you hike, the lower their prices.

continued on page 156

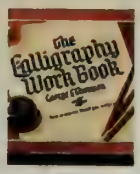
AMERICA'S #1 CRAFTS CLUB BRINGS YOU THE BIGGEST AND BEST CRAFTS BARGAIN



7407
PUB PRICE $16.95



6931
PUB PRICE $19.95



8585
PUB PRICE $14.95
Softcover



1995
PUB PRICE $8.00
Softcover



8171
PUB PRICE $19.95
Softcover



5369
PUB PRICE $21.95



3292
PUB PRICE $14.95



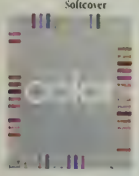
7532
PUB PRICE $8.95



7763
PUB. PRICE $18.95



6678
PUB. PRICE $15.95



7703
PUB. PRICE $9.95
Softcover



8365
PUB PRICE $12.95
Softcover



7274
PUB PRICE $24.95



2817
PUB. PRICE $8.95



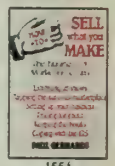
1477
PUB PRICE $21.95



5585
PUB PRICE $22.95



6476
PUB PRICE $19.95



1554
PUB PRICE $10.95
Softcover



8326
PUB. PRICE $16.95



3873
PUB PRICE $17.95



6607
PUB PRICE $19.95



6595
PUB PRICE $24.95



4384
PUB PRICE $8.95



6589
PUB PRICE $8.95



5339
PUB. PRICE $8.95



7307
PUB PRICE $19.95



5341
PUB. PRICE $8.95



7829
PUB PRICE $14.95



1848
PUB. PRICE $12.95
Softcover



8492
PUB PRICE $9.95
Softcover



4612
PUB PRICE $19.95



6591
PUB PRICE $8.95



6302
PUB. PRICE $10.95
Softcover



7185
PUB. PRICE $21.95



5347
PUB PRICE $11.95
Softcover



1753
PUB. PRICE $12.95
Softcover



7531
$8.95



7770
PUB PRICE $15.95
Softcover



7556
PUB PRICE $24.95



8033
PUB PRICE $11.95
Softcover

ORDER TODAY! Mail coupon to: Better Homes and Gardens® Crafts Club, 1716 Locust Street, P.O. Box 4724, Des Moines, Iowa 50336-4724.

JUST LOOK AT ALL THE BENEFITS YOU'LL RECEIVE AS A MEMBER OF AMERICA'S #1 CRAFTS CLUB!

FREE CRAFTS CATALOG You'll receive your FREE Crafts Catalog 13 times a year (about every 4 weeks), plus 3 Special Member Mailings. It's packed with over 70 great choices plus the Editors' Choice — a project-filled book specially selected and developed by our crafts experts.

THE BEST CHOICES If you want the Editors' Choice, do nothing. We'll send it to you automatically. Otherwise, tell us what you want, or don't want, by mailing your Reply Card by the given date.

LEISURELY SHOP-AT-HOME CONVENIENCE Sit back and relax as you browse through your monthly Catalog. There's no rush... because you always have 10 days to make your choice. If your Club Catalog is ever delayed and you receive an Editors' Choice without having had at least 10 days to decide, just return it at our expense for full credit.

THE EASIEST CLUB AGREEMENT As a Crafts Club member you can pick and choose what you want, when you want. All you agree to buy is just 2 books or kits over the next year from among the hundreds of selections you'll be offered. (A shipping and handling charge is added to all shipments.) After that, your membership may be canceled by you or the Crafts Club at any time.

If coupon is missing, write us at: Better Homes and Gardens® Crafts Club, 1716 Locust Street, P.O. Box 4724, Des Moines, Iowa 50336-4724

29-635

BETTER HOMES & GARDENS

Better Homes and Gardens CRAFTS CLUB

SPECIAL INTRODUCTORY BARGAIN

3 Crafts Books for only $1 each

Plus shipping and handling with membership.

Please enroll me as a member of Better Homes and Gardens® Crafts Club and send me the 3 books indicated by the numbers I have filled in below. Bill me only $1.00 each plus shipping and handling (and applicable sales tax). I understand the Membership Plan as described on the other side of this ad and agree to buy two books or kits at Club prices plus shipping and handling (and sales tax where applicable) during the next year. Thereafter, my membership may be canceled either by me or the Crafts Club at any time. All orders are subject to routine credit approval.

Signature _____

Your Guarantee: If for any reason you are not satisfied with the introductory shipment, you may return your 3 books within two weeks. Your membership will be canceled and you will owe nothing. **010-30204**

Name _____ (please print)

Address _____

City _____ State _____ Zip _____

SAVE UP TO 50% on your first regular selection.
If you wish, use this box to pick a 4th book now for just 50% off the publisher's price (plus shipping, handling and applicable sales tax).

This offer valid in the United States only. Your enrollment is subject to acceptance by Better Homes and Gardens® Crafts Club. This offer expires April 30, 1991 © Meredith Corporation 1990. All Rights Reserved.

S/F '90 Hq

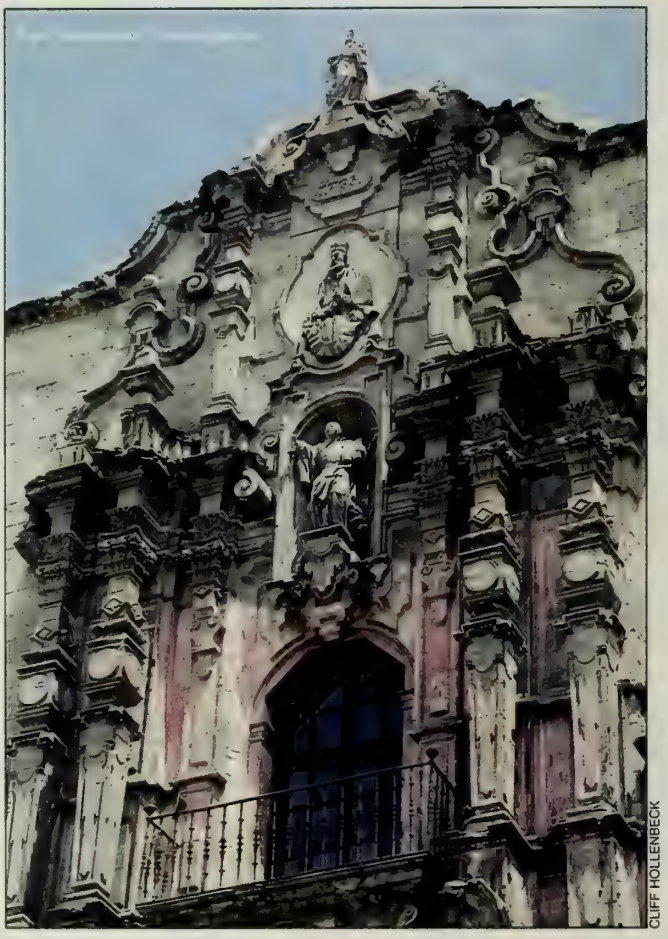
TRAVEL

continued from page 154

SAN MIGUEL DE ALLENDE

Arts and crafts. Your first clue that San Miguel de Allende (about 3½ hours north of Mexico City) is special comes when the road broadens in invitation to pause and gaze at the town you're about to enter.

Stop and savor the panorama from this scenic outlook in the heart of the Sierra Madre, noting especially the spired neo-Gothic church. Postcards of European cathedrals inspired the architect who created this fanciful facade for the parish church.



CLIFF HOLLENBECK

Walking presents a challenge in San Miguel. Sidewalks seem designed to trip you, but the stores, restaurants, and hotels converted from opulent casas are so mesmerizing that it's impossible to watch your step. You can glimpse through doorways to lush courtyards with fountains. Red, orange, and purple bougainvillea spill over adobe walls. To see inside some magnificent haciendas, go to the library for a Sunday afternoon tour.

Long known as an artist colony, San Miguel attracts North Americans with cheap prices, warm weather, and a laid-back lifestyle. Some spend the winter; others treat the town as a summer camp. They come for a few weeks of intensive Spanish lessons, to learn to throw pottery, to weave, or to dabble in other classes at the two art institutes. Consequently, you can find wonderful crafts items here as well as high-quality works of silver.

This is horse country, and the surrounding stables offer riding instruction. The thermal springs north of town also lure visitors to health spas, such as the posh Hacienda Taboada and the less formal Parador del Cortijo ($36 per person, includes breakfast).

Two small, uniquely Mexican hostelries near the zocalo (square) offer reasonably priced, impeccable accommodations. Each room (from $94 double) of Casa de Sierra Nevada, an AAA four-diamond winner formed from four separate haciendas, possesses its own personality. The restaurant is one of the top choices in a city loaded with dining opportunities. El Patio hotel and restaurant contains nine terrific suites—each with a Jacuzzi (from $72 a night).

GUANAJUATO

Mummies, mining, and museums. An hour northwest of San Miguel, at the base of a canyon 7,000 feet high, sits Guanajuato (Gwah-na-WA-toe), long Mexico's richest city. The legacy of Guanajuato's wealth from silver shows in its flamboyant architecture, such as the exuberant, rose-hued La Compania. Another church, La Valenciana, was built with ore waste and wine to stretch the scarce water.

Evocative of Spain, Guanajuato's pastel houses seem to stack on top of one another up the hills, and narrow city lanes twist between orange, baby blue, and gold buildings. Many streets end in lovely plazas. The tightest squeeze won fame as the Alley of the Kiss, where Mexico's Romeo and Juliet smooched from their balconies on opposite sides of a tiny passageway.

The center of town remains traffic free, thanks to roads that burrow underneath through a maze of arched tunnels. Avoid driving in Mole City.

A university town, Guanajuato is a cultural mecca. During the annual Cervantino Festival in October, international musicians and dancers serve up a medley of arts lasting more than two weeks. Make hotel arrangements far in advance. Any time of the year, try to see a performance in the majestic Juarez Theater, which faces the festive Union Garden.

At the other end of the scale, Guanajuato boasts one of the most macabre museums in the world, displaying the corpses of local folks naturally mummified by the dry air or the soil's unusually high mineral content. Resist buying souvenirs. You'll find

continued on page 158



A Grand Entrance

Or perhaps a grand living room, dining room or bedroom. Make it what you wish, with new Ultra Satin. The one-coat finish so enduring, its beauty will last a lifetime.

True Value®
HARDWARE STORES



The Art of Fine Paint

For professional painting advice, call 1-800-922-0061

TRAVEL

continued from page 156

better deals at Hidalgo Market, with produce on the main level and a jumble of Mexicana on the balcony.

Two other museums worth visiting are the Diego Rivera Museum and the Alhondiga de Granaditas. The heads of the independence leaders once marked the corners of this former grain warehouse.

Hotel options, from about $69, include Parador San Javier, Castillo Santa Cecilia, and Posada Santa Fe.

OAXACA

Mexico's biggest Indian market. The metropolis of Oaxaca (Wa-HA-ka), with Indian and Spanish roots, seems like a small town, especially around its wonderful plaza. Lovers stroll hand in hand, children play with balloons and other goodies purchased from vendors, Indian women balance baskets on their heads, demonstrators picket outside the Government Palace, and, if you're lucky, the band plays on in the white gazebo.

Enjoy the zesty atmosphere in several ways. Join the action and wander around the zocalo. Dine outdoors at a restaurant overlooking the square, such as El Asador Vasco. Or get your footwear polished while you perch in one of the shoeshine seats that line the plaza.

Then venture a block or two from the zocalo to the local markets. You'll find everything from crickets (considered a delicacy on tacos) to mounds of chilies, sombreros, embroidered clothes, and leather goods. Prices are so low for Oaxaca's famous black pottery and greenware that it's almost embarrassing to haggle. Indians from nearby villages bring their wares to the Saturday market, legendary in Mexico.

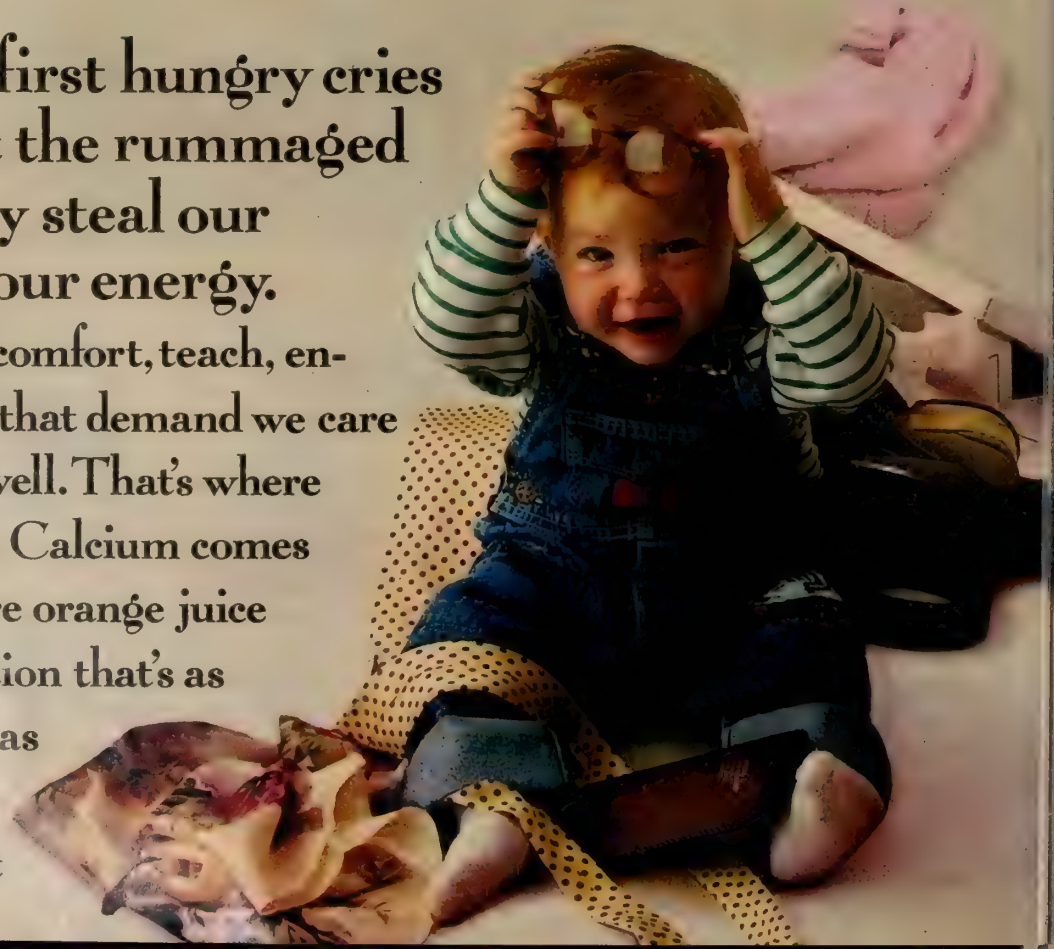
The Stouffer Presidente ($120 double), a mellow yellow converted convent near the zocalo, is the best place to stay. Eat on the Cathedral's patio, or sample Oaxaca's *moles* (sauces blended from numerous ingredients, including chocolate) at Del Vitral or Los Pacos.

Indian ruins. The Zapotecs used Monte Alban as a holy site. This 15-square-mile complex on a flattened mountaintop was never discovered by the Aztecs or conquistadors. Among the attractions are a ball court bounded by steps, stone slabs of the Dancers, and the pyramid on the South Platform with a splendid view of Monte Alban and Oaxaca.

After you've absorbed Monte Alban, head downtown to the Oaxaca Museum, next to Santo Domingo church. You can view many of the treasures (others are in Mexico City's Anthropology Museum) found in Tomb 7, the Mexican equivalent of King Tut's tomb. The Mixtecs buried more than 500 pieces of gold jewelry,

From the first hungry cries long past the rummaged drawers, they steal our hearts, and our energy.

Endlessly, we comfort, teach, encourage. Efforts that demand we care for ourselves as well. That's where Citrus Hill Plus Calcium comes in. It's 100% pure orange juice with extra nutrition that's as beneficial for us as it is for them. Because without



alabaster, jade, and other priceless gems with a chieftain.

Mitla, about 25 miles southeast of Oaxaca, also rates a visit. Considered the finest creations of the Mixtecs, the gigantic columns and intricate mosaic stonework were crafted without metal tools or mortar.

continued on page 160

TRAVEL TIPS

Pesos: You'll require Mexican money for transportation to your hotel, tips, and other immediate needs. Some larger banks in the States can convert your dollars, but avoid buying pesos in U.S. airports, where you get less for your money and pay a surcharge. If possible, exchange your funds at the airport in Mexico City. In Mexico, you will not receive as much for your dollar at a hotel as from a bank, but often the convenience more than makes up for the slight difference.

Accommodations: Standards are different in Mexico. A four-star hotel in a historical city may not be equivalent to one in the U.S., but you can sometimes stay at a top hotel for about what you'd pay in a moderate place at home. Reconfirm your reservations the day before your arrival in each town you plan to visit and take your confirmation number or letter with you. Some places have a lax attitude about reservations.

Dining: Mexico offers more than tacos and burritos. The soups are especially savory. Mexicans normally eat lunch between 2 and 4 p.m. and dinner after 8. For a good deal at midday, order the *comida corrida,* a fixed-price meal of several courses. Service is usually fast, but you might need to ask for the bill. Unless you speak the language, take a Berlitz phrase book or a Spanish-English dictionary to decipher menus; tourist areas like Cancun print most information in English.

Turista: Montezuma's revenge can strike, no matter how careful you are. But why take chances? Don't drink the water is still the best advice, and don't eat lettuce or other foods washed in water. Peeled fruits are safe. Ask your doctor about prevention techniques and antidotes to take.

Clothing: Wear comfortable, well-padded shoes. Mexico is a mountainous country. You'll most likely have to navigate hills, uneven sidewalks, and cobblestones. You'll want good traction for pyramid climbing. Dress conservatively in smaller, older towns. Such places as Mexico City's Basilica of the Virgin of Guadalupe don't allow shorts.

Transportation: Confirm airline reservations for each leg of your journey 24 hours in advance. Flights take off early from some smaller airports and procedures can be slow, so allow plenty of time. Go first class on buses and trains, unless you don't mind having a chicken as your seatmate. Save second class for adventurers.

adequate calcium, our bones can age faster than they should. The beauty of Citrus Hill Plus Calcium is that it provides the same amount of calcium, ounce for ounce, as milk. And it has the same naturally sweet, fresh taste and vitamin C as regular orange juice. Just what we need to help keep our families, and ourselves, strong and healthy for years to come. That's every parent's dream. And it's worth all the ransacked closets in the world.



Calcium and Women
Incredibly, 81% of women 20-49 don't get the calcium they need. An 8-oz. glass of Citrus Hill Plus Calcium provides 30% of the adult calcium U.S. RDA of 800 mg. And it's as delicious as it is healthy. Just naturally sweet, fresh juice from oranges picked at their peak of ripeness, without preservatives or added sugar. Juice that's 100% pure, with extra nutrition. To determine if you're getting the calcium you need, call **1-900-454-3044.** The 2-minute call is $2.85; charges are billed by AT&T as agent for Teleline.

© 1989 P&G

Citrus Hill® Plus Calcium. Because healthy kids need healthy moms.

TRAVEL

continued from page 159

CANCUN

Fun under the Caribbean sun. Mexico's most popular resort, a pulsating playground on the Caribbean, attracts millions of visitors with miles of white sand beaches hugging the shores of clear aquamarine waters, palm trees thrusting toward an endless sapphire sky, and inviting temperatures year-round. Colorful parasails drift over snorkelers, shell seekers, sun worshippers, windsurfers, and boaters.



Chacmool, Chichen Itza

STEVEN D ELMORE/TOM STACK & ASSOC

Reminiscent of Waikiki and Miami Beach at first glance, Cancun offers something they don't—Mayan ruins and a south-of-the-border flavor.

Going to Cancun to sample Mexico is like riding a bike with training wheels. You get the exhilaration of experiencing a foreign culture in a resort that takes U.S. citizens by the hand. The water is purified, most service workers speak passable English, restaurants print menus in English as well as Spanish, and stores post prices in both U.S. dollars and pesos.

The island of Cancun juts out from the mainland like a skinny, 14-mile-long bent arm. A bridge near the "bicep" connects the Hotel Zone with Cancun City, whose avenues lead to downtown restaurants, shops, and additional hotels. (Calinda Cancun Quality Inn near the causeway offers good value. From $80 low season and $125 high season.) Hotels and condos line the beaches on the East Shore—the Caribbean side—and the North Shore, which borders the Bay of Women. There are also two lagoons.

The Camino Real, the Hyatt Regency Cancun, and the Krystal Cancun share one of the best stretches of beach with sand as white as powdered sugar. You pay top dollar (from $125, $105, and $110 respectively in low season; $195, $140, and $170 in high season), but you can't beat the scenery or the location at Punta Cancun, the island's "elbow." You'll be within walking distance of the Plaza Caracol.

Located near the Fiesta Americana Cancun ($130 and $175), the Plaza Caracol is a bi-level mall. With set prices, shopping lacks the adventure and complications found in most of Mexico. Test your skill at bargaining in Cancun City.

In the nearby Convention Center, the Folkloric Ballet features a buffet dinner and fast-paced show of regional dances ($32). The Museum of Anthropology next door contains Mayan relics.

Taxis charge about $3 in the Hotel Zone, so don't rent a car unless you plan to explore the Yucatan Peninsula. Drive or take a tour to the Mayan ruins at Tulum, unusual because it was a walled city and, instead of being built inland, overlooked the Caribbean.

Chichen Itza. The most famous ruin in this abandoned Mayan jungle city, three hours from Cancun, is the Pyramid of Kukulcan. The view from the top is spectacular. But be warned: Getting up the steep steps is not nearly so challenging as is descending. You may want to appreciate this one from ground level. Or, climb the pyramid inside to discover the red jaguar and a chacmool, a recumbent, bent-kneed stone figure.

At the huge ball court, you can see where Mayans played their most important game. Opponents in this religious ritual, a life-or-death match for the captains, tried to hit a hard rubber ball, without using their hands, through a high ring not much bigger than the ball. The feat was so difficult that the successful athlete was awarded the spectators' jewelry.

Also noteworthy are the 14 chacmools and the Sacred Cenote, a well that contained the remains of sacrificial victims plus jade, silver, and gold.

COZUMEL

Snorkeling and scuba-diving paradise. From Cancun, you can day-trip to the island of Cozumel, anchored in the Caribbean. It takes about two hours by bus and ferry. You'll find the two resorts are as different as fiesta and siesta. Cancun throbs with activity. Cozumel lulls you into relaxing.

Best known for its outstanding snorkeling and scuba diving, Cozumel is perfect for those who want to concentrate on either of those sports. Scuba divers head for Palancar Reef, one of the top dive sites in the world. Beachcombers find a bounty of shells. Folks who just want to get away and don't mind paying less for the solitude fit in fine, too.

continued on page 162



If Only It Were Always This Obvious When You Got The Wrong Part.

Usually, the only way you know you got the wrong part is when there's trouble. Then it's too late. That's why you should always ask for genuine Mopar parts from your Chrysler-Plymouth, Dodge, Dodge Truck or Jeep®/Eagle dealer. They're the only parts engineered for your car by the people who made your car. Have them installed by the trained technicians at your dealership, and you'll always get the right parts, the right fit, and a real feeling of security. And while that's not obvious when you look at a part, it will become very obvious when you drive. Advantage: Mopar.

Chrysler-Plymouth. Dodge. Dodge Truck. Jeep®/Eagle.

Mopar® MARCA REG
CHRYSLER MOTORS PARTS

© 1990 Chrysler Corporation

TRAVEL

continued from page 160

HUATULCO

Mexico's hot new resort. You first see the Bays of Huatulco (Wha-TOOL-koh) from the air when your plane flies over the Sierra Madre. A glimpse of the turquoise ocean and snatches of hidden beaches tantalize you. After a final sweep above the mountains, you descend into a postcard-perfect paradise.

A sleepy little fishing village 335 miles southeast of Acapulco on the Pacific, Huatulco is being groomed as the next Cancun. Carved out of a jungle, this tropical escape features 33 golden beaches on nine bays, lush palm trees and flowers, and nearly constant sunshine.

At this early stage, your limited hotel choices will determine your activities in Huatulco. Your best options, all on Tangolunda Bay, include the large and lively Club Med; the Royal Maeva, patterned after Club Med; and the Huatulco Sheraton.



CLIFF HOLLENBECK

Club Med snagged the best location, with four separate coves designated for everything from snorkeling to windsurfing. The huge complex includes four clusters of casitas landscaped into the hills, pools, restaurants, tennis courts, a practice area for golfers, and water sports. You'll see all ages at this not-just-for-swinging-singles club. Shuttles circle the grounds but you'll still climb hills. Average high-season rates run $1,100–$1,200 a week per person for charter air, room, meals, and activities.

The Sheraton ($70 low and $110 high) and Royal Maeva ($1,200 per week, all-inclusive) share a less protected area across the bay. The red no-swimming flag waves constantly at the Sheraton, but its lovely pool consoles most guests and its amenities attract many.

The area's only mall and an uncompleted 18-hole golf course are nearby. Beyond that, you can pick from a handful of options. Trek to the tiny town of Santa Cruz, where silver and T-shirt shacks line a block-long street. Visit Crucecita, with several restaurants and shops. Go deep-sea fishing, or tour the bays, many of which are accessible only by water. For a relaxing adventure, arrange to be dropped off at Maguey Beach to enjoy a lobster lunch and nearly private swim.

If you want to be among the first to sample a new hideaway, visit Huatulco while it's still a well-kept secret. The building boom has begun.

MAKE THE MOST OF MEXICO

Tour packages. Work with a travel agent or study prices carefully. Packages can offer terrific bargains, allowing you to pay less for airfare, accommodations, and transfers than the air would cost if purchased separately. Some people get two weeks in Cancun for about the same as others pay for one. Your hotel makes a big difference in the overall cost of your trip, but all beaches in Mexico are public.

Off-season savings. You can save even more if you avoid the high season, approximately December 15–April 15.

Shopping tips

There's lots to buy in Mexico, but silver tops the list as the most-wanted item. Other [illegible] consider: hand-blown glass, pottery, weavings, baskets, colorful tinware, copper, brass, and wood carvings.

Take a jeweler's cloth to shine your new earrings or belt buckles.

General rule of thumb for bargaining: After the seller states a price, come back with a counteroffer of half that amount. Meet somewhere in the middle.

Check out merchandise and prices in stores. Get a feel for quality and cost before you pit yourself against a vendor. Then you'll know whether 75,000 pesos is reasonable for the silver frame you want to buy.

Look for .925 on silver. That's the government's guarantee of the metal's purity.

Don't belittle the merchandise to lower the price. It's not necessary, and Mexicans take justifiable pride in their wares, especially handcrafted items.

For more information

The following books on Mexico are especially helpful.

Fielding's *Mexico* by Lynn V. Foster and Lawrence Foster. Revised yearly. $14.95.

The Penguin Guide to Mexico. Updated annually. $14.95.

The Shopper's Guide to Mexico ($9.95) and *22 Days in Mexico* ($7.95), John Muir Publications, Santa Fe. ***800/888-7504.***

Michelin's *Mexico*, $12.95.

To receive brochures, write: ***Mexican Government Tourism Office, 405 Park Ave., 10th Flr., Dept. BHG, New York, NY 10022, or 10100 Santa Monica Blvd., Suite 224, Dept. BHG, Los Angeles, CA 90067.***

For Cancun: ***P.O. Box 9018, Dept. BHG, E. Setauket, NY 11733-3453.***

BHG


WHIPPED CREAMY DREAM COME TRUE
Introducing
New Cool Whip Lite.™
Dip into the luscious whipped creamy taste you love, with only half the fat of whipped cream.
NEW!
REAL WHIPPED CREAM TASTE
Cool Whip
Lite
WHIPPED TOPPING
1/3 LESS FAT THAN FROZEN WHIPPED TOPPING
50% LESS FAT
THAN WHIPPED CREAM
ONLY 8 CALORIES
PER SERVING
Available in most areas.
© 1990 Kraft General Foods, Inc.

LOOK WHAT'S HAPPENING NEAR YOU

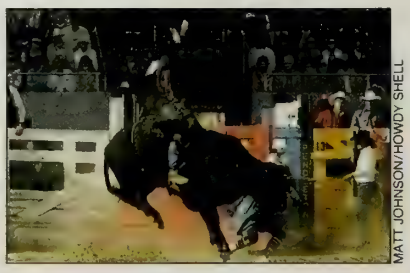
Sweet somethings. The tiny town of Genoa, the first permanent settlement in Nevada, draws as many as 10,000 visitors to its annual Candy Dance Festival, September 29 and 30. Townspeople bake and sell homemade candy, the fire department puts on a barbecue, and adults kick up their heels at the Saturday night country and western dance. *702/885-4379.*

Discovering America. California's cultural Cabrillo Festival commemorates the discovery of the West Coast by Juan Rodríguez Cabrillo in 1542 with a reenactment of the landing. It all takes place at The Cabrillo National Monument in San Diego, September 29 and 30. Other events pay homage to the Mexican, Spanish, Portuguese, and American Indian cultures that have molded Southern California. *P.O. Box 6670, Dept. BHG, San Diego, CA 92106; 619/557-5450.*

Colorful Colorado. Keystone, Colorado, celebrates fall and the turning of the aspen leaves with its annual Colorfest, September 15. Wine and restaurant-cuisine tastings, music, and a chili cookoff enliven the lakeside village, which lies about 50 miles west of Denver. Visitors to the ski town can rent paddleboats, kayaks, and bikes. *P.O. Box 38, Dept. BHG, Keystone, CO 80435; 303/468-2316, ext. 4130.*

All-you-can-eat melon feast. Watermelon, cantaloupe, and crenshaw melons turn up on the plate, in jam, canned, tole painted, and even crocheted at the Green River, Utah, Melon Days, September 14–16. You buy whole melons to take home, but what you eat on the spot comes free. A softball tournament, fiddle contest, square dancing, street dancing, and game booths help you work up an appetite. *Chamber of Commerce, Dept. BHG, Green River, UT 84525; 801/564-8237.*

Hang on to your hats. Billed as the fastest-moving rodeo in America, Oregon's Pendleton Round-Up features nonstop action. This year, September 12–15 marks the 80th anniversary for the annual wingding. Cowboys from around the world compete fiercely in saddle bronc, bareback, and bull riding, and in roping and bulldogging. An American Indian powwow and tepee encampment, ceremonial dancing, Indian crafts, and an Old West melodrama round out the festivities. Everybody gets a thrill from watching the wild horse racing and wild cow milking. *Box 609, Dept. BHG, Pendleton, OR 97801; 800/524-2984.*



MATT JOHNSON/HOWDY SHELL

Some of the country's finest riders display their skills at the Pendleton Round-Up.

Happy Birthday, Yosemite. A dedication ceremony October 1 marks the 100th anniversary of Yosemite as a national park. The yearlong celebration, which ends September 30, 1991, features exhibits at museums in Yosemite Valley, a centennial play at the Visitors' Center, a campaign to restore the park's natural oak woodlands, lectures by noted environmentalists and scientists, and a special postal cancellation. For more information about the festivities, contact: *Centennial Coordinator, National Park Service, Dept. BHG, Yosemite National Park, CA 95389; 209/372-0264.*

A peek at the past. Each May and September, bed-and-breakfast inns and private houses throw open their doors for the Historic Home Tours in Port Townsend, Washington. Much of this beautifully restored Victorian town, on a bluff above Puget Sound, qualifies as a National Historic District because of its well-preserved turn-of-the-century mansions. *2437 E. Sims Way, Dept. BHG, Port Townsend, WA 98368; 206/385-2722.*

TRAVEL PLANNING

See *page G4* for a listing of free travel information and literature you can order.

READING THE RATINGS

How Mobil and AAA guides eliminate the guesswork

Whether you're planning a vacation or have just pulled into town, it makes a difference where you rest your head. Price may count most, or atmosphere, or convenience, or special features for the kids.

To help, Mobil Oil Corporation and the American Automobile Association (AAA) each rate thousands of lodgings and restaurants throughout North America. Appraisals, updated annually, are published in guides. You'll spot Mobil's stars or AAA's diamonds, from one to five, on display where a rating has been given. Also watch for the symbols in ads. Thousands of establishments are rated by each company; many more are reviewed, but do not make the grade.

The seven regional editions of *Mobil Travel Guides,* plus a *Major Cities Guide,* are sold at Mobil service stations, bookstores, and other retailers. Each costs $9.95. AAA's 25 *TourBooks* are free, but available only to AAA members, who also receive trip-planning assistance and other services. For membership information call your local AAA club or 800/336-4357. Check both sets of books for discounts, maps, and local-travel tips.

What the ratings mean. Scores of field representatives inspect properties annually. Staff members often make anonymous visits, too. Committees then use inspection reports, plus customers' letters and comments, to determine ratings. Even one star or diamond means that a property has met basic standards—clean, comfortable accommodations with, for instance, plenty of towels but maybe plastic glasses. Most operations fall in the two- and three-star or dia-

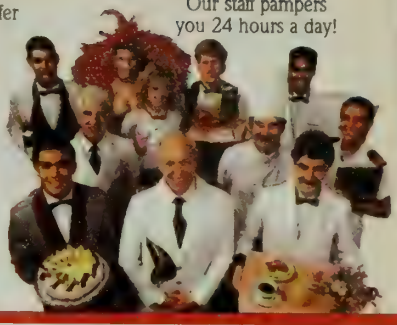
continued on page G4



"A Carnival cruise is more fun than anything!" –*Kathie Lee Gifford*



Kids love our Camp Carnival program and we even offer baby-sitting services.



Our staff pampers you 24 hours a day!

Get moving in the disco, or choose from three bands and orchestras.



Blackjack, craps, roulette and slots await your luck in the casino.



We bring Las Vegas on board! Discover the brightest stars at sea.





Stroll a secluded beach or try some sight-seeing–underwater!

Dinner's a time to anticipate–with new friends and terrific international cuisine.



Romance is never far away when the stars meet the horizon; tonight's a night you'll always remember.



CARNIVAL'S GOT THE FUN®...

And the SuperLiner JUBILEE to the Mexican Riviera!

Join us on the "Fun Ship"℠ JUBILEE for a fabulous vacation. With a world of shipboard delights, we'll treat you to one memory-making day after another. And we'll take you to exciting ports along the Mexican Riviera. It's like getting two vacations for the price of one!

Carnival® is famous for packing more value into a vacation than anyone. Virtually all the "extras" are included for one low, everything's-taken-care-of-before-you-go price. Now that's hassle-free. In fact, you'll save hundreds of dollars compared to a land vacation!

There's so much to do and enjoy aboard this magnificent floating resort … Las Vegas-style revues … terrific food and service … one of the largest casinos afloat … or just relaxing in the warm tropical sun. The JUBILEE features a vast array of nightclubs, spacious rooms and suites, and the new Nautica Spa℠ program — it's like having your own health club at sea.

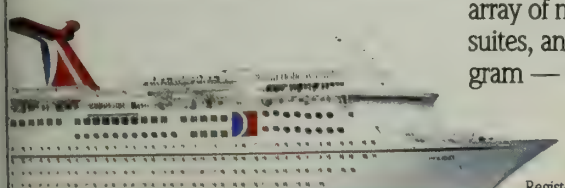
The JUBILEE sails year-round every Sunday from Los Angeles to Puerto Vallarta, Mazatlan and Cabo San Lucas.

So join us for a vacation that's oceans apart. Cruise the "Fun Ship" JUBILEE and see for yourself why Carnival is The Most Popular Cruise Line in the World!℠

See your travel agent today for a 7 day vacation from only $795 per person.
Some restrictions apply.

the "Fun Ships"

Carnival



Registered in Liberia.

TRAVEL DIRECTORY

VACATION INFORMATION. IDEAS. TRIPS AND PLACES TO STAY

CONDOS

Great Vacations With Rooms To Spare!

Maui FROM $95/NT.
Tahoe FROM $95/NT.
Hundreds of Resorts—Great Locations
—Coast to Coast—

CONDO Network 800-874-1411

FREE TRAVEL INFORMATION

For free travel information and literature on places to visit check the Travel Planning Guide in this issue.

continued from page G2

mond range: good to excellent accommodations, efficient service, pleasant decor, and secure rooms.

Five stars or diamonds indicate the best in the country. For 1990, Mobil honored just 22 hotels, inns, motels, or resorts, and 10 restaurants; AAA, 45 and 14. Only the following rated tops with both companies:

Ritz-Carlton, Laguna Niguel, Laguna Beach, California; Four Seasons-Clift Hotel, San Francisco; Salishan Lodge, Gleneden Beach, Oregon; The Broadmoor Resort, Colorado Springs; C Lazy U Ranch, Granby, Colorado; Tall Timber Resort, Durango, Colorado; Marriott's Camelback Inn, Scottsdale, Arizona; The Greenbrier Resort, White Sulphur Springs, West Virginia; The Inn at Little Washington, Washington, Virginia; Boca Raton Resort and Club, Boca Raton, Florida; Ritz-Carlton, Naples, Florida; The Cloister, Sea Island, Georgia. Restaurants: Tony's, St. Louis; Le Bec Fin, Philadelphia.

—By Kathryn Stechert Black

FREE TRAVEL INFORMATION

The Better Homes and Gardens® travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, send $1.00 for handling, and we'll forward your requests to the appropriate advertisers. If the coupon has been used, send your list of the numbers to Better Homes and Gardens, P.O. Box 4534, Dept. 9009W, Des Moines, IA 50336.

CALIFORNIA

1. **Disneyland**—There's nothing more magical than a Disneyland vacation.

CONDOMINIUMS

2. **Condo Network**—Over 1,000 Resort Condominiums in U.S., Mexico & Caribbean. Call 1-800-874-1411.

CRUISES

3. **Carnival Cruise Lines**—Take a 3, 4 or 7 day cruise on Carnival...The Most Popular Cruise Line in the World! From only $395. Restrictions apply.

FLORIDA

4. **Daytona Beach Marriott**—Featuring 402 oceanfront rooms. Daytona's newest facility.
5. **Discover Southwest Florida's Lee Island Coast**—Sanibel/Captiva and Ft. Myers areas. Send for free vacationer's Guide.
6. **Disney! Epcot! Sea World! More**—See it all from Kissimmee-St. Cloud.
7. **Hilton Inn Gateway**—One mile from Disney exit. Yes, send vacation package brochure.
8. **Longboat Key CLub, Sarasota, Fl**—Four-Star, Four-Diamond extraordinary island Resort.
9. **Naples Beach Hotel & Golf Club**—Once all Florida was like this. Relaxed vacationing on Gulf of Mexico.
10. **Orlando**—Go for the Magaic! FREE Official Visitors Guide. Accommodations, Attractions, Restaurants, Shopping and More!
11. **Polk County, FL**—Cypress Gardens. Baseball City Stadium. Bok Tower Gardens. Great Fishing. Close to Disney World.
12. **Ramada Hotel Resort Florida Center**—Located on exciting International Drive, two miles to Universasl Studios.
13. **Sanibel Island, FL—Sundial Beach & Tennis Resort**—Golf, pools, gorgeous gulfside family suites. Call 1-800-237-4184.
14. **Sarasota & Florida's Gulf Coast Islands**—Relax by the blue-green Gulf waters on the world's finest, whitest sand beaches. Call (800) 522-9799.
15. **Walt Disney World Resort**—A total vacation experience. So much more than ever before.

GEORGIA

16. **Georgia**—"On My Mind" Vacation Planning Kit for exploring Georgia.

MICHIGAN

17. **Kalamazoo County**—Bring the whole family to our corner of Michigan located midway between Chicago and Detroit.

NEW HAMPSHIRE

18. **New Hampshire In Color**—Seacoast, lakes, mountains in free 156 page Guidebook. Foliage, lodging, parks, campgrounds, dining, attractions.

NEW YORK

19. **New York State**—Antique shops to vineyards to country inns. Call 1-800-I LOVE NY, EXT A268 for your free Fall Vacation Kit. Discover all there is to love.

PENNSYLVANIA

20. **Bucks County, Pa**—Where Washington crossed the Delaware, Mercer collected early American tools and Pearl Buck wrote. Enjoy Sesame Place & New Hope's artists. Free travel guide & map.
21. **Lancaster County Pennsylvania Dutch Country**—Good Times, good food, good friends await you. 28-page Visitors Guide.
22. **Lehigh Valley, Pa**—Enjoy skiing nearby, theaters, antiquing, museums, shopping, fine food & hotels.

SOUTH CAROLINA

23. **Charleston, SC**—Family vacation destination. Carriage tours, museums, historic homes. Miles of clean, public beaches.
24. **Ocean Forest, Myrtle Beach, SC**—Family villas with two bedrooms, living room, kitchen. Pools. Summer children's program.
25. **South Carolina**—Vacation Guide & travel map. 80 color pages of uncrowded beaches, championship golf, historic plantations, shopping, dining, & events.

TENNESSEE

26. **Holiday Inn Gatlingburg**—Holidome Center, Louie's Restaurant and Sade & Dora's Lounge.

VIRGINIA

27. **Virginia Beach**—The Beach Lover's Beach. Free full color beach vacation guide. 1-800-446-8038.

Better Homes and Gardens Travel Planning Guide

P.O. BOX 4534, DEPT. 9009W, DES MOINES, IA 50336

Send $1.00 for handling.

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27

Name _____

Address _____

City _____

State _____ Zip _____

Spreckels

Since 1898

™

CURES THE SUGAR BLUES



Try the Spreckels "Easy Pour & Seal" package and you'll wonder why someone didn't think of it sooner!

- Reduces Spilling
- Helps Eliminate Leaks
- Prevents Lumping
- Reseals Easily and Securely
- Handles and Stores Conveniently



MANUFACTURER'S COUPON EXPIRES 8/31/91

SAVE 50¢

on the purchase of a 4 lb. "Easy Pour & Seal" package of Spreckels Sugar. 100095

Limit one coupon per purchase of Spreckels' new "Easy Pour & Seal" 4-pound package. Any other use constitutes fraud. Not to be transferred or sold. RETAILER: We will reimburse you the face value of this coupon provided you and the consumer have complied with the terms herein. Invoices showing purchases of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed or restricted. May not be reproduced, transferred, assigned or sold. Consumer pays any sales tax. Cash value 1/100¢. Spreckels Sugar Company, P.O. Box 880078, El Paso, TX 88588-0078.

5 25100 55150 9

MAKING ARRANGEMENTS WITH NATURE



PHOTOGRAPH COURTESY OF BALLANTINE BOOKS INSET SCOTT LITTLE

A summer wedding calls for peonies in a stone niche.

***Flowers for All Seasons,* Spring, Summer; Ballantine Books; $17.95 each; 112 pages.**

Don't let a season go by without expressing its mood in flowers. Jane Packer shows you how in her four-part how-to series of books, *Flowers for All Seasons*—Spring, Summer, Fall, and Winter. The books provide step-by-step instructions for creating the floral arrangements featured. Among the best tips: Use in-season flowers to keep expenses down and express the mood of each season to add variety to your flower arranging experience.

Spring's mood is one of spontaneity and garden-party simplicity; its flowers are fresh, light, and often scented. This is the time for off-the-cuff arrangements of white, blue, and yellow bulbs, natural complements as cheerful as the season itself.

Summer's style springs from the abundance of the season. Besides the great variety of flowers available, summer has more sizes, shapes, and colors than any other season.

Fall's show exhibits nature's most brilliant hues—reds, golds, and bronzes. The blooms are also longer lasting.

Winter's cheer comes from everlastings. Chase winter's gloom with fresh arrangements cut from outdoor plants. Create evergreen arrangements from hardy outdoor plants and complement them with available blooms. BHG

To order any or all books, call 1-800/733-3000.

WHERE TO SEE FOUNTAINHEAD®

BY NEVAMAR

LOS ANGELES METRO AREA

Anaheim
Reborn Cabinets, Inc.
2821 E. Whitestar Ave., Suite K
(714) 630-2220

Carson
Simms Custom Cabinets
255 W. Torrance Blvd., Suite A
(213) 323-8100

Chino
The Remodeling Center by Townsend Construction
3340 Riverside Dr., Suite J
(714) 590-5091

Glendale
Feldman's
1222 E. Colorado St.
(818) 244-3189

Huntington Beach
The Artifactory
7272 Saturn Dr., Suite R
(714) 848-4085

La Habra
Selective Timber
1989 S. Cypress, Unit H&I
(714) 738-0484

Laguna Hills
Fancy Faucets
24351 Avenue De La Carlotta, N-3
(714) 768-3429

Laguna Niguel
Niguel Home Center
28002 Forbes Rd., Suite B
(714) 364-5530

Long Beach
Kitchens By The Sea
4403 Los Coyotes Diagonal
(213) 597-8400

Orange
Kitchen Design Centre
2284 N. Glassell, Suite F
(714) 282-1100

Pasadena
Kitchens by Stewart
698 E. Colorado Blvd.
(818) 792-4208

San Bernardino
Kitchen Koncepts
337 S. Arrowhead Ave.
(714) 885-2112

San Fernando
Pendleton Cabinets
747 Arroyo
(818) 342-7880

San Juan Capistrano
Heritage Kitchens, Inc.
(714) 661-6254

San Marino
Huntington Bath Concepts
2301 Huntington Dr.
(818) 793-5297

Tarzana
Jackson-Cohen
19207 Ventura Blvd.
(818) 609-1800

Van Nuys
Valley Kitchen and Bath
13717 Victory Blvd.
(818) 988-9124

SAN DIEGO METRO AREA

Escondido
Kitchen Cabinet Shoppe
750 N. Citracado Pkwy., Suite B
(619) 489-5577

La Jolla
Design Studio West
7426 Girard Ave.
(619) 454-9133

Kitchen Expo
7458 La Jolla Blvd.
(619) 456-0050

San Diego
Diamond Kitchens
124 Beech St.
(619) 239-1555

Kreative Kitchens and Baths
7878 Clairemont Mesa Blvd.
(619) 569-5991

Pinnochios
1130 W. Morena Blvd.
(619) 275-0825

San Marcos
San Marcos Mill
443 E. Mission
(619) 744-1377

SAN FRANCISCO METRO AREA

Palo Alto
Wood and Windows
619 Emerson
(415) 323-7160

Redwood City
Affordable Design
1709 E. Bayshore Rd., #3
(415) 367-8816

Bernegger Environmental Design
732 Hurlingame Ave.
(415) 364-2370

San Carlos
Prestige Kitchen & Bath
1113 Industrial Rd., Levitz Square
(415) 592-7911

San Francisco
Continental Kitchen & Bath
340 West Portal
(415) 661-6776

Creative Kitchens
2901 Mariposa, Space #19
(415) 431-7472

Gilman Screens & Kitchens
228 Bayshore Blvd.
(415) 550-8848

San Jose
M.A.M. Kitchen & Bath Design Center
1676 Monterey Rd.
(408) 298-8668

San Rafael
Aurora Cabinets & Countertops, Inc.
30 Mark Dr.
(415) 472-4171

Builder's Design & Supply
425 Irwin St.
(415) 454-2445

Santa Cruz
Countercraft
834 17th Ave.
(408) 462-6458

Santa Rosa
Design House
3504 Industrial Dr.
(707) 575-3830

ELEGANT SOLID SURFACING FOR YOUR HOME.

FOUNTAINHEAD®

BY NEVAMAR

Bring rich, natural warmth to kitchens, baths and other areas of your home with Fountainhead premium solid surfacing. Available in a variety of distinctive colors and patterns to complement interior designs from contemporary to traditional, Fountainhead is ideal for countertops, vanities, wet bars, table tops and much more.

But Fountainhead is much more than beautiful. It's easy to maintain, and extremely durable with high resistance to heat, impact and mildew. Stains are no problem either; even tough ones like grape juice or iodine won't harm Fountainhead. Because its color runs throughout its thickness, the surface can easily be repaired to keep its new appearance. And custom edge designs are unlimited.

Add lasting elegance to your home with Fountainhead by Nevamar. See your local kitchen and bath dealer for color choices and complete information including details on our 10-Year Limited Warranty…or write Nevamar Corporation, 8339 Telegraph Road, Odenton, Maryland 21113.



ign & Fabrication: Ray Devers, Kitchen Encounters
tography: Armstrong Studios
erial: Rose Matrix



NEVAMAR®
DECORATIVE SURFACES

Not all juice drinks are what they appear to be.

10% Juice



50% Juice



100% Juice



Tang is a registered trademark of the General Foods Corporation.
Welch's Orchard is a registered trademark of Welch Foods, Inc
© 1990 Nestlé Foods Corporation

Juicy Juice.® 100% Juice for 100% Kids.

FOOD

THE NEW BANANA BREAD
For today's lighter tastes

It's the little things you do each day that add up to a lean lifestyle. Even favorite recipes can be modified to be lower in fat while preserving their full taste. With banana bread, for instance, use two egg whites for a whole egg, substitute dried fruit for nuts, rely on a minimum of oil, and grease the pan with spray coating.



SCOTT LITTLE

LIGHT BANANA BREAD

- 1½ cups all-purpose flour
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ½ tsp. baking powder
- ⅛ tsp. ground nutmeg
- **2 egg whites**
- **1 cup sugar**
- **1 cup mashed ripe banana**
- **¼ cup cooking oil**
- **½ cup currants**
- **Nonstick spray coating**

Stir together flour, baking soda, cinnamon, baking powder, nutmeg, and ⅛ teaspoon *salt.* In a mixing bowl beat together egg whites, sugar, and banana. Add oil and mix well. Stir flour mixture into banana mixture. Gently fold in currants.

Spray an 8x4x2-inch loaf pan with nonstick coating. Transfer batter to prepared pan. Bake in a 350° oven for 55 to 60 minutes or till wooden toothpick inserted near center comes out clean. Cool in pan for 10 minutes. Remove from pan; cool thoroughly on a wire rack. Makes 1 loaf (16 servings).

Nutrition information per slice: *150 cal., 2 g pro., 3.6 g fat, 0 mg chol., 55 mg sodium, 115 mg potassium, 1 g fiber.*

Hamburgers sizzle for Best Foods.®

Best Foods
makes the foods you love
taste even better.





All-American Burger Topping



Cheddar Burger Topping



"Special Sauce" Burger Topping

ALL-AMERICAN BURGER TOPPING

BEST FOODS ®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup ketchup
¼ cup chopped dill pickle
¼ cup chopped onion
2 tablespoons prepared mustard

Combine all ingredients. Serve over burgers.* Makes 1½ cups.

BACON HORSERADISH BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
2 tablespoons prepared horseradish
2 tablespoons real bacon bits

Combine all ingredients. Serve over burgers.* Makes 1 cup

PIZZA BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup prepared spaghetti sauce
2 tablespoons Parmesan cheese
½ teaspoon dried oregano

Combine all ingredients. Serve over burgers.* Makes 1 cup.

*DELICIOUS ON ALL YOUR FAVORITE BURGERS – BEEF, POULTRY OR SEAFOOD.

CHEDDAR BURGER TOPPING

BEST FOODS ®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup shredded Cheddar cheese
1 medium tomato, chopped
¼ cup chopped green onions

Combine all ingredients. Serve over burgers.* Makes 2 cups.

CHEDDAR BACON VARIATION: Add 2 tablespoons crumbled cooked bacon or bacon bits.

ITALIAN BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup chopped pepperoni
½ cup chopped roasted red peppers
½ teaspoon dried oregano

Combine all ingredients. Serve over burgers.* Makes 1½ cups.

DIJON BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup Dijon mustard
⅛ teaspoon garlic powder

Combine all ingredients. Serve over burgers.* Makes about 1 cup.

*DELICIOUS ON ALL YOUR FAVORITE BURGERS – BEEF, POULTRY OR SEAFOOD

"SPECIAL SAUCE" BURGER TOPPING

BEST FOODS ®

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
¼ cup ketchup
¼ cup chopped onion
2 tablespoons sweet pickle relish

Combine all ingredients. Serve over burgers.* Makes 1⅓ cups.

MEXICAN BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup shredded Cheddar or Monterey Jack cheese
½ cup prepared chunky salsa

Combine all ingredients. Serve over burgers.* Makes about 2 cups.

BARBECUE BURGER TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup hickory-smoked barbecue sauce
2 tablespoons chopped onion

Combine all ingredients. Serve over burgers.* Makes about 1½ cups.

*DELICIOUS ON ALL YOUR FAVORITE BURGERS – BEEF, POULTRY OR SEAFOOD

Food loves Best Foods®



Bring out the Best Foods and bring out the best.®

© 1990 Best Foods, CPC International I

HOW TO ORDER

HOME OF THE YEAR



Big impact architecture in modest space is just one of the challenges presented to architects and designers all over the country in the annual **Innovations in Housing** design competition. Every once in a while a really outstanding house comes along, and this one took top prize in the contest sponsored by ***Better Homes and Gardens®***, ***Progressive Architecture***, and ***Builder*** magazines with the **American Plywood Association**. See the story on pages 67 to 78.

Complete, Ready-to-Use Plans

All ***Better Homes and Gardens®*** Home Plans include a materials list for easy estimating, full outline of specifications, and complete drawings including: exterior elevations; foundation plans showing structural support and type of material; floor plan dimensions for each level; roof plan details; kitchen and bathroom cabinet details; and a money-saving list of energy-efficient specifications.

Quality Plans at Great Savings

Enjoy tremendous savings by ordering our **Eight-Set Home Builder's Package** which includes eight complete sets of the plan for only $195.00! The Home Builder's Package gives you enough plans for your General Contractor, Building Permit Department, Bank/Loan Company, Interior Designer, Electrical Contractor, Plumber, Heating/Ventilation Contractor, and YOU! You may also choose the **Five-Set Contractor's Package** for just $165.00, or order **Individual Plans** for $120.00 with additional sets of the same plan at only $25.00 each.

Home Builder's Set of Eight $195.00
Contractor's Set of Five $165.00
Individual Home Plan $120.00
Additional Sets of Same Plan $25.00

ROOM ARRANGING MADE EASY





Better Homes and Gardens® New Decorating Book is an all-new edition with the latest decorating trends including furniture selection, color schemes, window treatments, and ideas for personalizing a home. Styles are showcased with 550 full-color photos, 95 illustrations, and an illustrative glossary of design elements. Hardcover, 384 pages. The ***Better Homes and Gardens®*** **New Furniture Arrangement Kit** includes 4 sheets of die-cut furniture templates, 7 sheets of tissue, 1 sheet of grid paper, plus handy hints for arranging the spaces within your home. For more information consult our ***Room Arranging Do's and Don'ts Video*** where you can learn how to shape up small or narrow rooms, large or awkward spaces, L-shaped configurations, high-traffic areas, conversational groupings, and more. VHS, 25 minutes, color.

FRESH FROM THE FARM





Our **Barnyard Sampler Kit** contains 14 count white Aida, DMC floss in 16 colors, chart, needle, and complete instructions for the 4⅜ x 14½ inch counted cross stitch sampler. The **Silo-Shaped Frame** measures 7 x 17½ inches and comes in unfinished, pre-cut pine (no assembly necessary). The frame is available separately or in a money-saving combination with the Barnyard Sampler Kit. Our **Barn-Style Birdhouse Kit** (page 104) contains precut pine pieces, nails, and complete instructions for this 5 x 8 x 7 inch birdhouse. All kits made in USA. All ***Better Homes and Gardens®*** patterns are full-size and include complete, easy to follow instructions. Choose from **Three Little Pigs** (page 101), or **Reginald the Fox and Plymouth Rock Hens** (page 105), or **Farmyard Quilt** (page 102). To make the **Pine Cupboard** order our woodworker's Project Plan which includes professional-quality detailed drawings, list of materials, construction tps, and complete step-by-step instructions.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Dept. 2NA, Box 374
Locust at 17th
Des Moines, IA
50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
HOME OF THE YEAR				
67-78	**No. 19319** Innovations In Housing Home Plan (All Prices Shown At Left)			
FRESH FROM THE FARM				
104	**No. 28366** Barnyard Sampler Kit		$12.99	
104	**No. 06750** Silo-Shaped Frame		$14.99	
104	**No. 28367** Barnyard Sampler Kit and Silo-Shaped Frame *Special Combination Saves 25%!*		$20.98	
104	**No. 03456** Barn-Style Bird House Kit		$14.99	
101	**No. 01563** Three Little Pigs Pattern		~~$6.99~~	
105	**No. 01561** Reginald the Fox and Plymouth Rock Hens Pattern		$8.99	
102	**No. 01562** Farmyard Quilt Pattern		~~$8.99~~	
103	**No. 50881** Pine Cupboard Project Plan		$5.95	
ROOM ARRANGING MADE EASY				
93-98	**No. 16326** *Better Homes and Gardens® New Decorating Book*		$29.95	
93-98	**No. 05098** Furniture Arrangement Kit		$5.99	
93-98	**No. 23512** *Better Homes and Gardens® Video Room Arranging Do's and Don'ts*		$19.95	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia and Washington.

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

****Shipping and Handling:**
For orders up to $10.00 ..... $2.15
$10.01 to $20.00 ..... $3.00
$20.01 to $30.00 ..... $3.75
$30.01 to $50.00 ..... $4.35
Over $50.00 ..... $4.75

CREDIT CARD ORDERS SPEED DELIVERY!
Fill in the lines below or CALL TOLL FREE 800-678-2672.

Credit Card No. _____
Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

ENVIRONMENT

continued from page 151

Ford has updated the car's 10-year-old styling. The Escort is available as a two-door hatchback, a four-door hatchback, and a wagon. The two-door Pony is the least expensive.

NISSAN SENTRA, $7,299

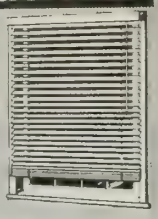
MPG: 36 highway/29 city

This two-door sedan offers somewhat conservative, boxy styling. You will, however, be impressed by how well everything is put together and how much like a larger sedan this car behaves on the road. Power comes from a 90-horsepower, 1.6-liter, 4-cylinder engine. The least expensive standard model has a four-speed manual transmission. The Sentra provides good performance for passing and merging. If the standard version seems a bit bare-boned to you, check out the XE version and what Nissan calls the value option package for a touch of luxury. BH&G

LOWEST PRICES! LEVOLOR • DELMAR • BALI • GRABER • HUNTER DOUGLAS LOUVER DRAPE • JOANNA • KIRSCH • VEROSOL • PROFILE • M & B

LEVOLOR® & del mar

MINI-BLINDS 75% OFF RETAIL





VERTICAL BLINDS 75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS OR FREE!

Call Us for Prices on All Brands of:

- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

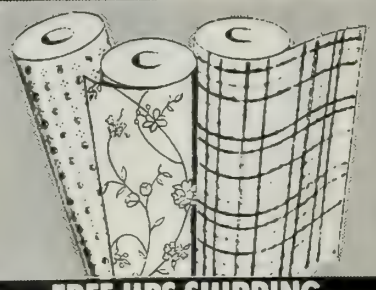
COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING

35% to 75% OFF

ALL THE NATIONAL BRANDS!



FREE UPS SHIPPING
NO SALES TAX OUTSIDE MI

Instant Price Quote on All the National Brands

- All First Quality
- Special Case Discounts
- Call Us With Book Name and Pattern Number

NEW LOWER PRICES!

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262

AMERICAN BLIND & WALLPAPER FACTORY

28237 ORCHARD LAKE RD. FARMINGTON HILLS, MI 48334

WEEKDAYS: 8:30-9:00 p.m. SAT. 8:30-6:00 p.m. • SUN. 10:00-8:00 p.m. E.S.T.

©1990 A.B.W.F.

CUSTOM MADE TABLE PADS

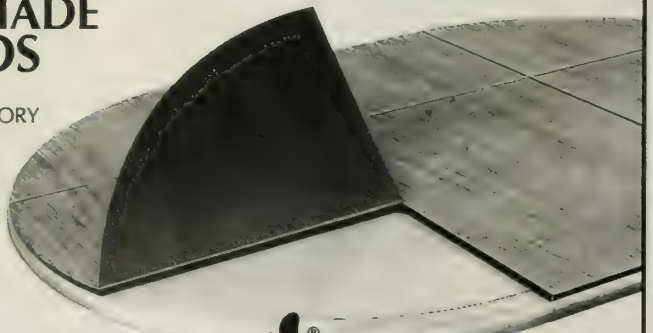
BEST PRICES DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.

1-800/328-7237 Ext. 210

1170 Stella St., St. Paul, MN 55108

©-89 (612) 646-6778—Ext. 210



Sentry® TABLE PAD CO. SINCE 1911

LEVOLOR® BLINDS

1" MINI-BLINDS... UP TO 75% OFF

GUARANTEED LOWEST PRICES!!

CUSTOM ORDERED VERTICAL BLINDS

(Fabrics - Vinyl - Aluminum)

PLEATED SHADES • DUETTES • REAL WOODS

WE SELL ALL SIZES!! ALL BRANDS!!

TO ORDER CALL TOLL-FREE

1-800-677-9090

ADVANCED CONSUMER PRODUCTS

P.O. BOX 95 • GARDEN CITY, MI 48135-0095

ASK ABOUT OUR GUARANTEE!

ALWAYS FIRST-QUALITY Top-Brand Wallpaper

Save up to 75%

- Any book or pattern.
- No tax outside Pa.
- Any fabric and border.
- Shop, then call with book name, pattern number.

FAST! Same-day processing. FREE! Shipping. Except Alaska and Hawaii.

ALSO Top-Brand Carpet & Rugs

Mon., Tues., Fri. 9-9

Wed., Thurs., Sat. 9-5:30

1 800 252-5060

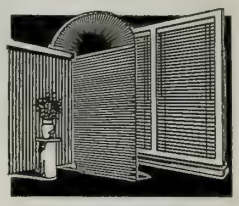
BENINGTON'S™

1271 Manheim Pike, Lancaster, PA 17601

BH&G Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence.

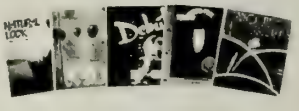
BY ARLENE AVILES



THE BLIND FACTORY OUTLET

Buy top name brand blinds—Levolor, Graber, DelMar, Bali, Hunter Douglas, Louver Drape and many more—at discounts of up to 80%. Now we are offering the savings of vast buying power of our retail chain to our mail order customers. Choose from minis, micros, verticals, pleated shades, & Duettes. Call today for a FREE price quote. 1-800-233-4488. THE BLIND FACTORY OUTLET.

WE DO WALLCOVERINGS.



SMART WALLCOVERINGS

Smart Wallcoverings does one thing & we do it right. That's why we can discount every wallpaper pattern seen anywhere up to 50% off! Plus, Smart features free shipping within 3 days & the lowest prices guaranteed! Toll free 1-800-677-0200.



THE ORIGINAL...OLD NEWS™ BINDERY

Ends the old newspaper hassle! Our solid wood, walnut stained newspaper rack holds & binds about a month of old newspapers. When it's full, dispose of them in one bundle with twine from the attached dispenser. Beautifully finished rack will look great by your favorite chair or by the hearth. Comes with twine & is 18" x 15" x 15". Great gift. $24.95 + $4 shpg. HOLST, INC., Dept. BHN-990, 1118 W. Lake, Box 370, Tawas City, MI 48764.

CHINA, STERLING SILVER, CRYSTAL

Save up to 70% on famous makers like Gorham Reed & Barton, Royal Doulton, Lenox, Wedgwood Noritake & many others. By the piece or by the set Midas has the lowest prices. All orders sent quickly via U.P.S. Midas accepts AmEx., Visa, M.C. & Discover. Write to: MIDAS CHINA & SILVER Dept. BHG09, 4315 Walney Road, Chantilly, VA 22021. Call toll free 1-800-368-3153.





TOWELS & BLINDS AT DISCOUNT PRICES

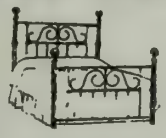
Looking for linens to decorate or redo your bedroom, bath or kitchen? How about new window-coverings to add that special touch! We carry all styles, from contemporary to Traditional and name brands from Cannon to Levelor. Call ADVANCED CONSUMER PRODUCTS at 1-800-677-9090 and ask about our full-color catalog.



DISCOUNT WALLCOVERING

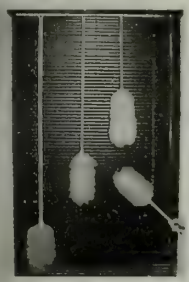
Largest selection of wallcovering at discounts. Shop the phone way. Never undersold–all brands–free delivery. Shop in your neighborhood, write down pattern number & book. Then call in order. SILVER WALLCOVERINGS, WINDOWS & BLINDS, INC., 3001-15 Kensington Avenue, Philadelphia, PA 19134. Toll-free 1-800-426-6600.

BRASS BEDS



BRASS BED

In keeping with the American Tradition of pride and workmanship, Yorktowne Brass Beds has assembled a collection of solid, heirloom-quality brass beds at direct factory prices. Send $4 for 18 page color catalog. Write to: YORKTOWNE BRASS BEDS, 2445 S. Queen St., York, PA 17402.



DUSTER CLOSE OUT

Distributor is closing out inventory of these high quality Australian lamb's wool dusters. Come in four sizes from 20" to 60". Holds dust like a magnet. Limited supply. 20" wand, $4.99; 30" to 40" extending $6.99; 31" to 60" extending $8.99. $1 p&h. Order 2 or more and we ship free. WELLS INTERIORS, INC., 7171 Amador Plaza, Dublin, CA 94568. Or call toll free 1-800-547-8982.

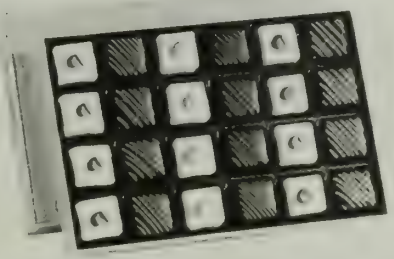
SHOP AT HOME



Decide on your wallpaper selection, call NationWide Wholesaler TOLL FREE with book name, pattern number & amount of rolls desired: 800-537-WALL (In NJ call 201-342-0110) for instant price quote. All first quality. FREE UPS Delivery. NATIONWIDE WHOLESALER, P.O. Box 40, Hackensack, NJ 07602.

FREE!

When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 Petits Fours pastries FREE with your first order.

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more. **Please call toll free: 1-800-876-6123,** 24 hours a day, 7 days a week.

Satisfaction guaranteed.

☐ **PLEASE SEND FREE CATALOG.**

Name_____

Address_____

City_____

State_____ **Zip**_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 5960, Stockbridge, MA
01262

FREE BONUS BOOK



HOME PLANNERS, INC.

1250 HOME PLANS

Find your dream home in these six exciting volumes packed with proven, innovative home designs. Order your favorite category, or send for the complete collection, with over 4,050 illustrations in 1,136 pages! All 6 books for only $19.95!





FREE!

Purchase two or more of our planbooks at regular price and receive free this NEW DESIGN PORTFOLIO featuring 75 of our newest creations. Also sold separately at $3.95.

Satisfaction Guaranteed! Credit Card Orders Call Toll-Free **1-800-322-6797**

HOME PLANNERS, INC.

Dept. BK. 3275 W. Ina Road #110, Tucson, AZ 85741

Please RUSH by return mail (check choice):

- ☐ (1) 315 ONE STORY HOMES (under 2,000 sq. ft.) $4.95
- ☐ (2) 210 ONE STORY HOMES (over 2,000 sq. ft.) $4.95
- ☐ (3) 150 1-1/2 STORY HOMES $3.95
- ☐ (4) 360 TWO STORY HOMES $6.95
- ☐ (5) 215 MULTI-LEVEL HOMES $4.95
- ☐ (6) 223 VACATION HOMES $4.95
- ☐ (7) NEW DESIGN PORTFOLIO $3.95
- ☐ **SEND ALL 7 BOOKS AT $19.95 (A $34.65 VALUE!)**

Name_____

Address_____

City_____ State_____ Zip_____

In Canada, add 20% to above prices and mail in Canadian funds to: HOME PLANNERS, INC. 20 Cedar St. N. Kitchener, Ontario N2H2W8 Phone 519-743-4169

Amount Enclosed $_____
Add $2.00 for Postage
Sales Tax:
Mich. residents add 4%
Arizona residents add 5%

BHM09

At Last A Cap Organizer!



The "Original" Cap Rack Holds up to 12 Caps!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the **PATENTED** plastic clip. Hang one for everyday use, and order several for your cap collection. Made in **USA** of **Solid Wood.** Great gift idea.

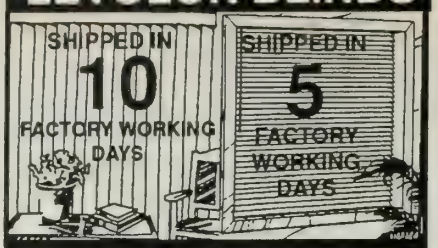
Set of two 6-clamp Cap Racks (each 18" long) **Reg. $11.95—Now** for limited time, **ONLY $9.95** + $2.45 p&h.
Two sets of two 6-clamp Cap Racks Only **$18.95** + $2.85 p&h.

Single 12-clamp Cap Rack (36" long) **Reg. $11.50—Now** for limited time, **ONLY $9.50** + $2.45 p&h.
Two single 12-Clamp Cap Racks Only **$18.50** + $2.85 p&h.

Send Check or MO. 20 day money back guarantee.

HOLST, Inc. Dept. BHO-990, 1118 W. Lake Box 370, Tawas City, MI 48764

Lowest Prices! LEVOLOR BLINDS



NOBODY BEATS OUR LEVOLOR PRICES ON...
1" MINI BLINDS ◆ VERTICAL BLINDS ◆ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ◆ WOOD MINI BLINDS ◆ PLEATED SHADES

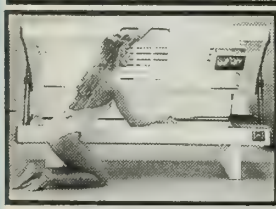
WE ALSO FEATURE: KIRSCH : LOUVER DRAPE · DEL MAR :HUNTER-DOUGLAS QUETTE : VERTICALS : PLEATED SHADES : WOOD BLINDS :SPECIALTY SHADES : TOPPERS

FAMOUS MAKER MINI BLIND—FREE VALANCE—ON SALE NOW!!

Width → / Length ↓	19 to 23	23+ to 26	26+ to 29	29+ to 32	32+ to 36	36+ to 40	40+ to 44	44+ to 48	48+ to 52	52+ to 57	57+ to 62
To 42"	14	17	18	19	21	23	25	26	28	31	33
42+ to 48	16	18	19	21	23	25	27	28	30	34	36
48+ to 54	17	20	21	23	25	27	29	31	33	37	39
54+ to 60	18	21	23	24	27	29	31	33	35	40	42
60+ to 66	19	22	25	27	29	31	32	36	38	43	45
66+ to 72	21	24	26	29	31	33	35	38	40	45	48
72+ to 78	22	25	28	30	32	35	37	40	43	48	52

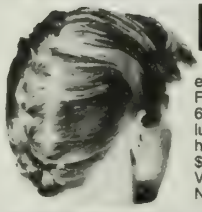
SIZES TO 102W X 108H CALL FOR WELLS' LOW PRICES

CALL OR WRITE FOR A PRICE QUOTE OR FREE 48-PAGE BUYERS' GUIDE
1-800-547-8982
WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7171 AMADOR PLAZA ROAD, DUBLIN, CA 94568
◆ 15 OTHER CONVENIENTLY LOCATED CALIFORNIA & OREGON STORES



TAN AT HOME!

Home & Commercial
WOLFF Tanning Beds
BUY DIRECT
SAVE UP TO 50%!
Call Today
for FREE Color Catalog
and Wholesale Pricing!
1-800-228-6292



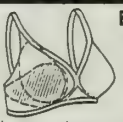
BRAID Aid

Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-424, Box 2012, New Rochelle, N.Y. 10802.

Discount Wallcovering

Blinds - Verticals
"Never Undersold"
ALL BRANDS - FIRST QUALITY
FREE DELIVERY
NO SALES TAX (OUTSIDE PA)
SHOP IN YOUR NEIGHBORHOOD
Write down
Pattern Number/Book
Then Call
FREE* 2 rolls selected books per person (Buy 10 - Get 2 Rolls Free) MENTION COUPON
SILVER WALLCOVERING BLINDS • VERTICALS
3001-15 Kensington Ave. • Phila., PA 19134
1-800-426-6600
USA - CANADA

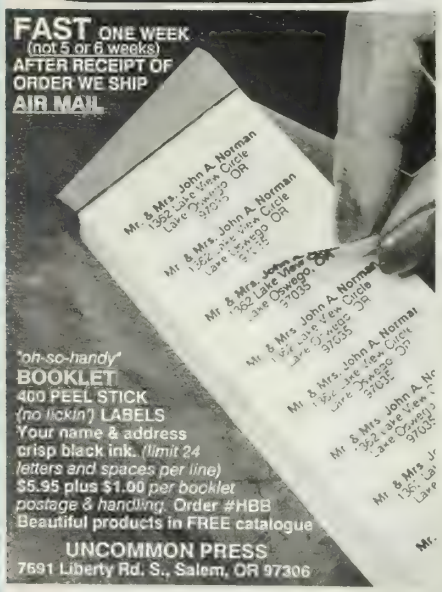
BOSOM BUDDY®



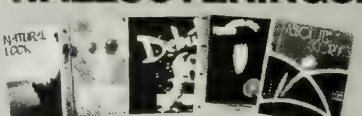
Breast Form
The most comfortable prosthesis a mastectomee can wear
Free Brochure

Women who wear the Bosom Buddy breast form enjoy cool comfort at a modest cost. Doctors are telling their patients about this alternative to silicone prostheses. No need for special bra...fits inside regular bra...all fabric and weight adjustable.

MONEY BACK GUARANTEE Medicare Approved
(208) 343-9696
B & B COMPANY, INC., Dept. B040
2417 Bank Drive - PO Box 5731
Boise, Idaho 83705-0731



WE DO WALLCOVERINGS.

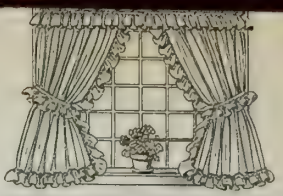


Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to... **50% OFF RETAIL**

SMART FEATURES
- Free UPS shipping!
- Most orders shipped within 3 days!
- Absolute lowest prices guaranteed!

CALL TOLL FREE **1-800-677-0200**

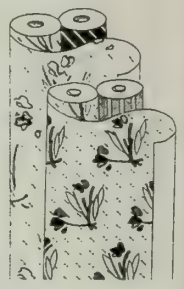
SMART WALLCOVERINGS *"Where a smart shopper is our best customer."*



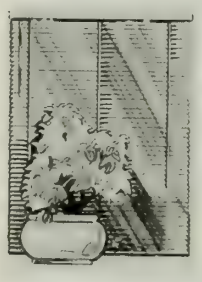
COUNTRY CURTAINS WITH WIDE RUFFLES

Made of 50% cotton/50% polyester. Natural or white. 142" wide per pair with 5" ruffle. Lengths: 45" or 54", $46 pair; 63" or 72", $54 pair; 81" or 90", $61 pair. Tiebacks included with all lengths. Other widths available up to 272". Made in USA. Please add $6 p&h per order. Free 64 page color catalog. COUNTRY CURTAINS, Dept. 6760, Stockbridge, MA 01262.

WALLPAPER-SAVE 35-75%



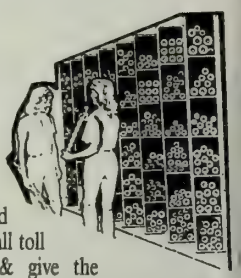
On all nat'l brand wallcoverings! Orders processed the same day & most shipped within 3 working days! Free UPS shiping. Hassle-free return policy eliminates any risk! Call us toll free with book, name & pattern no. at 1-800-735-5300 AMERICAN BLIND & WALLPAPER FACTORY, 28237 Orchard Lake Rd., Farmington Hills, MI 48334.



MINI BLINDS

Window Express blinds–out of our factory in seven days–amazing prices! Also savings on window treatments (pleated shades, verticals, micros, etc.) by Levolor, Del Mar, Kirsch and Louver Drape. Free info. from CUSTOM WINDOWS & WALLS, Dept. BHG990, 32525 Stephenson Highway, Madison Heights, MI 48071 or call toll free 1-800-772-1947 or 1-800-777-7747.

NO HIDDEN CHARGES

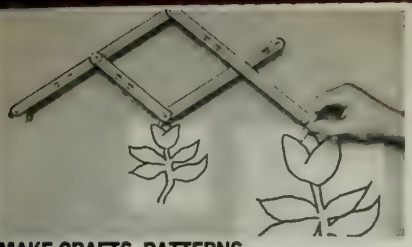


Over a decade of the lowest Direct to Consumer Wholesale Prices & same day computer processing, has given us over 1,000,000 satisfied national customers. Call toll free 1-800-631-9341 & give the book & pattern number. Free delivery anywhere in the U.S.A. NATIONAL WHOLESALE WALLCOVERING, Rte. 10, Ledgewood, NJ 07852.



6 WEEK SWEAT CONTROL

Treatment with electronic DRIONIC® keeps areas dry for 6-week periods. Try doctor recommended Drionic for unequaled control with 45-DAY MONEY BACK GUARANTEE. Thousands prescribed by doctors. $125 ea. pr. (specify underarms, hands, feet). GENERAL MEDICAL CO., Dept. BHE-111, 1935 Armacost Ave., Los Angeles, CA 90025. MC/Visa–1-800-HEAL DOC.



MAKE CRAFTS, PATTERNS, PICTURES, "ANY SIZE"

The Pantograph can copy designs that can be used in craftwork or any picture. Excellent for patterns, designs, maps, portraits, still life, etc. All you do is place the point on the image you wish to enlarge or reduce. Then just follow the lines as pencil end automatically reproduces outline in exact proportions, $6.95 + $1.50 postage. NORTON PRODUCTS, Dept. BHG990, Box 2012, New Rochelle, NY 10802.



EASY-STEPPING SANDAL

$19.99 (Reg. $27). Mosaic stones enhance scalloped T-strap. Cushioned insole, adjustable buckle closure. Stacked-look bottom rises to 1". White, silver, gold, black. Full & half sizes: 6½-10N; 5-10, 11M; 6-9, 10, 11W. Add $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Money back guarantee. Major credit cards. OLD PUEBLO TRADERS®, Dept. HREIA, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726-7800.

National Wholesale Wallcovering

★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!

WALLPAPER 75% OFF!

NEW! LOWER PRICES!

EVERY BOOK AND PATTERN ALWAYS UP TO

★EXCLUSIVE "DON'T GET STUCK" RETURN POLICY

★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!
★ BUY ALL TOP BRANDS at National Wholesale

1-800-631-9341

★ FAX ORDER OR INQUIRY-1-800-526-9037

YOU CAN CHARGE IT!

PO Box 396 Ledgewood, NJ 07852

CANNON®

T200 LUXURY PERCALE SHEETS, FLAT & FITTED– ALL SIZES/COLORS

UP TO **80% OFF**

- Same Day Processing
- First Quality – No Seconds... EVER!

TO ORDER, CALL TOLL-FREE

1-800 677-9090

ADVANCED CONSUMER PRODUCTS

UP TO **75%** OFF

WALLCOVERING

EVERY BOOK & PATTERN
NO SALES TAX
(Except NJ & NY)
FREE UPS DELIVERY

NEVER UNDERSOLD

FABRICS

WAVERLY • GEAR
CLARENCE HOUSE
ROBERT ALLEN
JAY YANG
KRAVET
MARIO BUATTA

UP TO **50%** OFF

68% OFF

LEVOLOR BLINDS

VERTICAL, MINI & MICROS
ALSO DELMAR, BALI,
LOUVER DRAPE, GRABER,
HUNTER DOUGLAS &
MORE

MasterCard **NATION WIDE WHOLESALER** VISA

1-800-537-WALL

P.O. BOX 40, HACKENSACK, NJ 07602

CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide
Here's a sampling of our mini blind prices

L \ W	15"-23"	26"	29"	32"	36"	40"	44"
21"	$8	$10	$11	$13	$15	$17	$19
42"	11	13	14	16	18	20	23
48"	14	15	16	20	22	24	28
54"	16	18	19	23	26	28	30
60"	19	22	23	25	28	30	32
66"	20	23	24	27	30	32	34

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®

Mini Blinds

COMPARE OUR PRICES TO ANYONE.

3 DAY BLINDS

LIFETIME GUARANTEE

TOLL FREE **1•800•966•3DAY**

Ask For Your **FREE** Ordering Kit • VISA and MasterCard Accepted

3 DAY BLINDS, INC. Anaheim, California — Prices subject to change

---

STOPS UGLY STAINS WATER-RINGS AND ROT



AT LAST... **Protecto-rings™** create an AIR SPACE under potted plants and evaporate trapped moisture. PROTECT floors, carpets, decks...

- INEXPENSIVE, EASY-TO-USE
- STRONG, DURABLE, WEATHER RESISTANT
- NATURAL COLOR FITS ANY ENVIRONMENT

MADE IN USA WITH *RECYCLED* PLASTIC

ORDER TODAY • 1-800-441-8788

INTRODUCTORY SET INCLUDES THREE Protecto-rings:
1 LARGE - safely holds 13" to 18" containers
1 MEDIUM - safely holds 8" to 12" containers
1 SMALL - safely holds 4" to 7" containers

FOR **ONLY $9.95** PLUS SHIPPING

California residents add 63 cents sales tax
Send $13.45 ($3.50 shipping included) to:
SUNFLOWER PRODUCTS – Dept D
301 Paradise Dr., Tiburon, CA 94920

FREE Brochure Upon Request



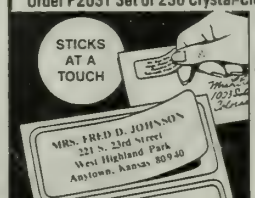
1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed).. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $3.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $3.98



250 Self-Stick WHITE GLOSS LABELS $3.98

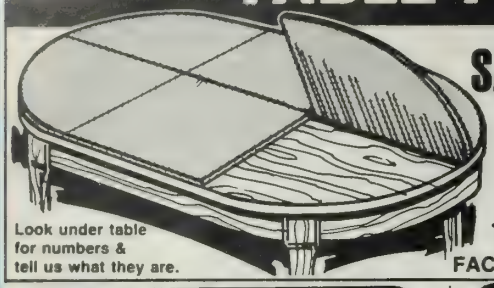
Glossy white self-stick labels cling to any smooth surface – no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $3.98

Walter Drake 3059 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____ S717 1000 Labels @ $1.49 $_____
____ P2031 Crystal-Clear Labels @ $3.98 $_____
____ P6030 White Gloss Labels @ $3.98 $_____
Add 40¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

PROTECT Your Treasured Dining Table With CUSTOM FIT TABLE PADS

ASK ABOUT FREE LEAF SPECIAL



Look under table for numbers & tell us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase

UNBELIEVABLY PRICED FROM

$29.95 For Quality Pad Any Normal Size

COMPARE AT 99.95

Guaranteed up to 20 years - MC/VISA

TOLL FREE 1 (800) 428-4567

FACTORY DIRECT TABLE PAD COMPANY

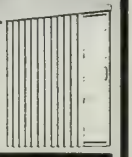
LEVOLOR®



1" MINI BLINDS **75% Off Retail**

LOWEST PRICES GUARANTEED

CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM



SHIPPED IN 5 DAYS OR THEY ARE FREE!

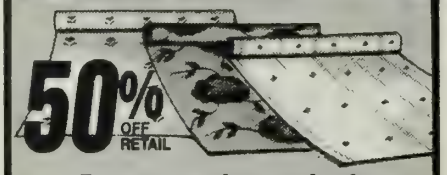
VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES

NATIONAL BLIND FACTORY

CALL TOLL FREE 1-800-477-8000

400 GALLERIA #400 • SOUTHFIELD, MI 48034

WALLCOVERINGS



50% OFF RETAIL

Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!

FREE SHIPPING WITHIN 3 DAYS!

CALL TOLL FREE **1-800-627-0400** with pattern number and book name

Style Wallcovering

"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"

P.O. Box 52128 • Livonia, MI 48152

WHOLESALE WALLCOVERINGS

CALL US WITH BOOK NAME & PATTERN NUMBER

36% to 50% OFF

MICROS • MINIS • VERTICALS • PLEATED

BLINDS

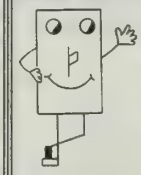
UP TO **70% OFF**

FREE SHIPPING NO SALES TAX (excl. N.J.) BHG

TOLL FREE 1-800-338-4882

HEADQUARTERS WINDOWS & WALLS

8 Clinton Place, Morristown, NJ 07960



MR. SWITCH PLATES™

HOME DECOR

NEWEST WALLPLATES
WALLPAPER-INSERT STYLE

Create your own switchplates with, wallpaper, fabric or a photo.

Send for our free catalog
Mr. Switch Plates, P.O. Box 208,
Fairlawn, NJ 07410



REPLACEMENTS, LTD.

A Million Pieces!
Active and Discontinued
China, Crystal and Flatware

Call (919) 668-2064, or write:
302 Gallimore Dairy Rd., Dept. GB90A
Greensboro, NC 27409-9723
(SASE Please)



WALLPAPER

FREE DELIVERY • MASTERCARD/VISA

NO SALES TAX (outside PA)

CALL WITH BOOK & PATTERN #

33 - 75%

MARY'S DISCOUNT PAPERS

FAMILY BUSINESS SINCE 1925

1-800-521-3393

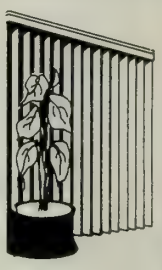


AT THE LOWEST PRICES

Our goal for over 75 years has been the same: sell wallpaper at prices lower than anyone else. Continuously, customers tell us that after they have shopped around, we are the lowest price. Call & compare our prices on wallcoverings. First quality & good service is guaranteed. MARY'S DISCOUNT WALLPAPER, 111 North Lansdowne Avenue, Lansdowne, PA 19050. Phone 1-800-521-3393.

VERTICALS & MINI BLINDS

60% to 76% off retail. Shipped in 5 working days, or yours FREE. LIFE TIME GUARANTEE. We are an established factory-direct company committed to quality & service. Our free designers sample kit lets you buy in the convenience of your home. Call toll free: 1-800-642-9899 (ext.4), or write to: AROUND THE WINDOW 326 N. Stonestreet Avenue, Suite 204, Rockville, MD 20850.



TAROT ANSWERS ALL QUESTIONS

CALL: 1-900-370-9090

FOR THE FIRST TIME EVER YOUR MOONSIGN HOROSCOPE, CALL: 1-900-370-9000

LET CASSANDRA REVEAL YOUR CHINESE HOROSCOPE, CALL: 1-900-370-9191

$2 FIRST MIN . $1 EACH ADD

UP TO **80%** OFF Dept Store Price Lists

VERTICALS
DUETTES
MINIS

All national brand names all types of window coverings call with brand names, pattern name & color # 6 days a week M-F 8 to 8 Sat 10 to 3

VISA MASTERCARD

800-877-8590
THE BLIND WORKS
No sales tax outside NJ

FREE UPS SHIPPING

THE SMART SHOPPERS CHOICE



PaperTamer™ GREATEST RECYCLING TOOL EVER

Ends old newspaper mess forever! Organizes & accumulates old newspapers for easy two-way bundling. Consistant 20 lb. bundles. Order 1 for recycleable papers and 1 for nonrecycleable magazines. $7.95 ea. plus $2.00 shipping.

Send Check or Money Order to: Paper Tamer P.O. Box 2099, Middlebury, IN 46540
IN residents add 40 cents for sales tax.
Allow 3 to 4 weeks for delivery.

---

40 EXPRESS PHOTOS

ONLY $3.00



BRIGHTEST COLORS ★ BORDERLESS
Six choices only $3.00 each

★ 40 Wallets
★ 32 Wallets & One 5"x7"
★ 8 Wallets & Four 5" x 7"s
★ 2 Custom 8" x 10"s
★ 1 Custom 11" x 14"
★ 20 Jumbo Wallets

TRUE color photos on KODAK paper. Speedy service with computer accuracy. Send any photos or instant prints up to 8"x10" or negs or slides. (returned) Add 95¢ each set for hand. and post. For Rush Express Photo Service add $2.00 per order.

GIANT COLOR Enlargements ★ 1 Custom 20" X 30" $9.95
★ 2 Custom 16" X 20" $9.95
For postage and handling, Add $1.95 per giant Enlargement Offer

Guaranteed. Encl. check or M.O. with ret. address, send to:

For Rush EXPRESS PHOTO™ Service add $2.

RELIANCE COLOR LABS, INC.
Studio 314-9 Box 1000
Swansea, MA 02777



THE KENYA® GEM

Rivals finest blue-white diamond with a scintillating brilliance that never fades; only your jeweler knows the difference. Give as a gift for someone special. Women's & men's styles set in 14K white or yellow gold (please specify). From $75 a carat. Free full-color cat./brochure. KENYA® GEM, Dept. BH99, 1771 N. Waterloo St., Philadelphia, PA 19122.



WELCOME GUESTS WITH COUNTRY CHARM

Cheery doormat features two playful ducks, surrounded by hearts, a scalloped border & your family or first names. Durable rubberized vinyl with raised design & letters. They won't wash, wear or peel off. Choose tan, green or blue backgrounds; 15" X 25". Print name, up to 20 letters & spaces. Allow 4-6 weeks. Order D5047 Tan, D5048 Green or D5049 Blue, $19.99 ppd. WALTER DRAKE, BH23, Drake Bldg., Colorado Springs, CO 80940.



PERFECT FIT FOR EVERY FOOT

From Beacon®—$19.99. Leather sandal with 2 fully adjustable buckle straps. Cushiony insole & 1¼" leather-covered wedge. White, black, beige, camel. Made in U.S.A. Full & half sizes: 6-10, 11N; 5-10, 11M; 6-9, 10W. + $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Money back guar. Major credit cards. OLD PUEBLO TRADERS®, Dept. HLZ1A, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726-7800.



WALLCOVERING

Every pattern in every book is now 50% off depending on volume! The more you buy...The more you save! Free shipping within 3 days! "We don't inflate the retail price and we guarantee to beat all prices!" For info. call STYLE WALLCOVERING at 1-800-627-0400.

AMERICAN SCHOOL

FINISH HIGH SCHOOL AT HOME

Low tuition includes texts, study material and instruction. Est. 1897. Send for information, that tells you how. Call 1-800-228-5600 or write to AMERICAN SCHOOL, Dept. #180, 850 East 58th Street, Chicago, IL 60637.

LOWEST PRICES

BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DUETTES / MICROS/ 1" MINI / VERTICALS
REAL WOODS / PLEATED
FREE UPS SHIPPING — NO. 1 IN CUSTOMER SERVICE
TEXAS FRIENDLY SPOKEN HERE

PREMIER BLIND COMPANY

CALL TOLL FREE FOR INFORMATION & PRICE QUOTES
1-800-441-1288
FAX 409-542-1382
317 E. HEMPSTEAD GIDDINGS, TEXAS 78942

800-847-6142

Wallpaper

•ANY PATTERN, ANY BOOK
•UP TO 50% OFF RETAIL
•ALL FIRST QUALITY
•GREAT SERVICE

"THE EASY WAY TO SHOP"
YORKTOWNE WALLPAPER OUTLET
2445 S. QUEEN ST. • YORK, PA 17402

CLASSIQUE™ elevator.



- Affordable, elegant addition to a home or condo.
- Ideal when stairs are a problem.
- Requires no more space than a normal closet.

Ask about other Cheney products.

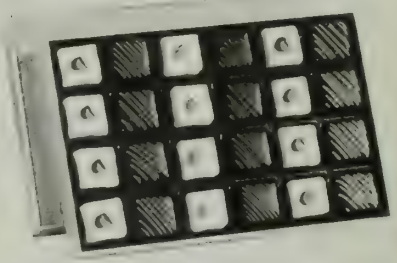
FOR FREE BROCHURE, WRITE OR CALL:
1-800-782-1222

The Freedom of Movement™
CHENEY
A Medaquip Healthcare Company

Dept. BG590 P.O. Box 51188
2445 South Calhoun Road, New Berlin, WI 53151

FREE!

When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 Petits Fours pastries FREE with your first order.

ART POSTERS

Over 2500 Collections



50% OFF

- Contemporary
- Childrens
- Lifestyles
- Scenic
- Fine art
- Photography

FREE UPS shipping to your home!

World's largest collection of art posters & prints—all custom framed.
FREE COLOR CATALOG
CALL TOLL FREE **1-800-477-3300**

Habitat Gallery
Custom Framed Art Posters & Prints

BALI. Levolor Graber Duette by HunterDouglas DEL-MAR

BEST BLIND PRICES IN AMERICA! FROM OUR FACTORY

FREE DESIGNER SAMPLE KIT

Actual aluminum color samples. Actual fabric samples. This kit could save you hundreds. Call for yours today!

Shop Wholesale At Home! Lifetime Guarantee!
5 Working Day SHIPPING OR IT'S **Free!**

MINIS VERTICALS PLEATED



Dealer Inquiries Welcome!

UP TO **76% OFF!** suggested retail price

1-800-642-9899 Ext.4

326 N. Stonestreet Ave. / Suite 204
Rockville, MD 20850

around the window



Four Seasons® designs the kitchen you've always wanted.

Make any room big and bright with a Four Seasons sunroom or patio room. Professionally installed or save big and do-it-yourself with our pre-assembled sections.

Call or write for a FREE BROCHURE or remodeling catalogs, only $10.00. Visa or MasterCard accepted.

CALL FREE 1-800 FOUR SEASONS (1-800-368-7732)

FOUR SEASONS SOLAR PRODUCTS CORP.
5005 Veterans Memorial Highway, Dept. A9
Holbrook, NY 11741

Over 270 independently owned and operated franchised locations worldwide.

FRANCHISE OPPORTUNITIES AVAILABLE!

FOUR SEASONS™
Design & Remodeling Centers

GREENHOUSES • SUNROOMS • PATIO ROOMS
WINDOWS • DOORS • SKYLIGHTS

Outdoor Living...Indoors™

©1990 Four Seasons Solar Products Corp.

DISCOVER AUTHENTIC WESTERN FASHIONS

FROM Cheyene Outfitters.

Stylish designs for the whole family—western-styled dresses, exciting casual wear, Indian jewelry, jeans, western hats, belts and buckles, lingerie, T-shirts, mocassins, western boots, gifts and houseware items. Call Toll Free 1-800-234-0432 for your FREE FULL—COLOR CATALOG, and begin exploring these high quality fashions.

CHEYENNE OUTFITTERS



WINDOW EXPRESS

1" MINI BLINDS
SHIPPED IN 7 DAYS

CUSTOM MADE
1" Mini Vinyl from $12!
1" Aluminum from $15!
PVC Verticals from $42!
Free Shipping On Most Items

Also
• Levolor • Kirsch • Del Mar • Louver Drape

SUPER SAVINGS ON
WALLPAPER

CUSTOM WINDOWS & WALLS
32525 STEPHENSON HWY MADISON HGTS. MI 48071
1-800-772-1947
Or 1-800-777-7747

UP TO 60% OFF WHITE ATHLETIC SOCKS

Now Buy The Best Quality At The Best Price Direct From The Factory

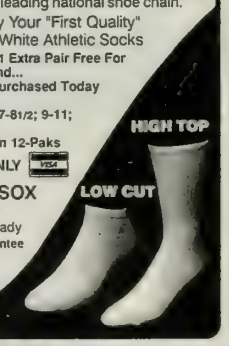
We've been making first quality socks for 10 years for 3 leading athletic shoe companies and a leading national shoe chain.

Here's How To Buy Your "First Quality" Cotton Cushioned White Athletic Socks

- Buy A 12-Pair-Pak - Receive 1 Extra Pair Free For Only $24.95 (+$3.95 S&H) and...
- Any Additional 12-Pair-Pak Purchased Today Only $19.95 (+$3.95 S&H)
- Child, Female & Male Sizes: 7-8½; 9-11; 10-13 - High Top or Low Cut
- No mixing of styles or sizes in 12-Paks

FOR ORDERS ONLY
TOLL FREE 1-800-NEED SOX
(1-800-933-3769)

Have credit card #, style, & size ready
Exclusive 2 year money back guarantee
Orders Processed Within 24 Hours
To order with M.O. or Check
Write To: AmericaDirect, Inc.
507-B Maple Leaf Drive
Nashville, TN 37210



Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape

BLINDS UP TO 80% OFF

Micros • Minis • Verticals • Duettes

WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

FREE UPS Shipping

FREE PRICE QUOTES
Call Today For Discounts On Any National Brand

No Sales Tax Outside N.Y. State

THE BLIND FACTORY OUTLET
1-800-233-4488



RESERVED FOR DRYING TOWEL

Use after baths or strenuous workouts to cool your pet down. Also can be used as a furniture cover to protect upholstery in a pet's favorite spot! Our 100% moisture thirsty cotton terry towel can be ordered without pet's name. Include personalization if desired. Two sizes: #H05-0497 30" x 60", $18.70 ppd.; #H05-0498 16 x 27", $11.70 ppd. PEDIGREES, Box 905 BHPP, Brockport, NY 14420.

AUSTIN STREET MARKET CATALOGUE

SAMPLE THE DELI—FREE!

Your source for midwestern steaks, fresh seafood, famous Hormel hams, heavenly desserts. Monthly fruit & dessert clubs for impressive giving. For cheese & sausage sample, $3 coupon & free year's subscription, send $2. Write: AUSTIN STREET MARKET, Dept. 13, P.O. Box 4758, San Jose, CA 95150-4758.



1-½ STORY HOMES

This unique plan book features 150 designs with Cape Cod, Williamsburg, Tudor & other Traditional exteriors and Contemporary styles. The 1-½ story house with first floor sleeping facilities permits upstairs expansion at later date. Low budget & country-estate feature sections. Over 475 illustrations. Blueprints available $4.95 ppd. HOME PLANNERS, INC., Dept. BHE09, 3275 W. Ina Rd., #110, Tucson, AZ 85741.



3-D COW CLOCK

Three-dimensional Holstein clock adds country charm in a big way to any wall in kitchen, family room or office. This delightful dairy cow was designed for easy reading, measures 12" x 17". Handcrafted of solid wood. Quartz function requires one AA battery (not included). $29.95 plus $4 shpg. HOLST INC., Dept. BHC-990, 1118 W. Lake, Box 370, Tawas City, MI 48764.



MINI BLINDS

Mini blinds available direct from the factory at 75% off retail. We guar. to ship your national blinds in 5 days or they're FREE! For info. call NATIONAL BLIND FACTORY at 1-800-477-8000.

The convenience of shopping by mail is a luxury you can afford!

AMERICA'S FINEST CATALOGS

You can order an exclusive selection of America's most prestigious catalogs directly from Better Homes and Gardens®. To start receiving these catalogs simply fill in the coupon. Many will include lavish Christmas editions. Use this coupon, or call toll-free 1-800-678-2699.



1. The latest fashions for women 5'4" and under in sizes from 4 to 20. You'll find a wide selection of name brand clothing and shoes in petite sizes and styles. Fashions are carefully tailored in length, hips and waist for a perfect fit. And your satisfaction is always guaranteed. Send $1.00 for our latest full color catalog. **678276**



2. "Pedigrees," the catalog for pets with personality. It's fun to read, fun to shop with hundreds of hard-to-find fashion, food, fantasy and functional items for the pet with character. Send for your FREE, 40-page, full-color catalog.

678284



3. Over 200 festive gift ideas— from our famous pears and fruit baskets to country-baked desserts, confections, gourmet meats and accessories for entertaining. Exclusive Fruit-of-the-Month Club® too. Dept. 0242-9, 1-800-547-3033. FREE CATALOG.

678292



4. Our spectacular Christmas issue offers the largest selection of country crafts and accessories just in time for gift-giving. Plus, colorful full-page room settings offer countless country decorating ideas. All merchandise orders are placed directly with crafters. Available 9/90. $5.00.

678300



5. PETALS makes it easy for you to add decorator accents with elegant, affordable, care-free silk flowers. Select from hundreds of arrangements, plants, trees and holiday decorations and get $10 off your purchase of $25 or more. Full color catalog: $2.00.

678318



6. Quality stationery products since 1942. Our beautiful, 48 page, full-color catalog features a full line of personalized stationery, envelopes, note cards, memos and other personalized products for business and personal use. Send for your $1.00 catalog and receive a coupon for $3.00 off your first order. 100% Satisfaction Guaranteed.

678326



7. House of Tyrol, since 1970. Bring a bit of old world charm into your home. Exquisite imported home decorations, unusual steins, cuckoo clocks, travel videos, collectibles, alpine apparel, food specialties and holiday gifts. $2.00 for 64-page color catalog, one-year subscription.

678334



8. 300-Rug Catalog. Finest Quality, Lowest Prices & Largest Selection of: Victorian • Chinese • Indian • Pakistani • Kilims • Durries • Balta • Milliken • Louis-de-Poortere • Braided • Hooked. Cost: $7.00. Catalog comes with a $5.00 gift certificate.

678342



9. Best Kept Secrets, the catalog dedicated to helping people stay in touch tastefully, would like to indulge you with some of the most distinctive and thoughtful stationery, cards, and gift items to be found anywhere. Many are hand-made exclusively for our customers. After all, some secrets are meant to be shared. FREE.

678359



10. Lingerie and loungewear, for misses and larger sizes, all waiting for you in the newest Intimate Appeal Catalog. You'll find comfortable sleepwear, fashionable loungewear and intimate apparel from Vanity Fair, Raytex, Bali, Olga and more, as well as mastectomy and special needs, and hard to find sizes. And your satisfaction is guaranteed. FREE. **678367**



11. *If you love to discover new catalogs you must have this book!* It is filled with exclusive catalogs from the US, Canada, Europe and Asia. You'll find 1000's of wonderful products from every corner of the world and you'll enjoy special savings by buying direct from importers and factories all over the globe. FREE. **678375**



12. One year of the most interesting cookware, glassware, tableware, bedding and accessories in the world. One year of the newest products for contemporary lifestyles. One year of the CRATE & BARREL catalogs you've probably been hearing about for just $2.00.

678383



13. Avon Fashions offers super styles for the busy life you lead at prices you can live with! Great quality, terrific values in everything from work-smart dresses and separates to easy-going weekend wear. FREE! (U.S. addresses only)

678391



14. Attention Bear Lovers! A 40-page color catalog devoted to bears and bear related items for bear lovers. Sweat shirts, tee shirts and other bearaphanalia all with a teddy bear motif. The finest in soft and collectible Teddy Bears. Send $1.00 for a subscription to our catalogs.

678409

AMERICA'S FINEST CATALOGS

Please circle the catalog number for each of your selections. Enclose a check or money order for the catalog costs, plus $1.75 for postage and handling. Please allow 4 to 6 weeks for delivery.

1. $1.00	6. $1.00	11. Free
2. Free	7. $2.00	12. $2.00
3. Free	8. $7.00	13. Free
4. $5.00	9. Free	14. $1.00
5. $2.00	10. Free	

Mail to: **America's Finest Catalogs**
Better Homes and Gardens
Box 10237 - Dept. 100206
Des Moines, IA 50336

Cost of catalogs ordered $_____
Add $1.75 for P&H $ 1.75
Total $_____

NO ORDERS FILLED AFTER NOV. 30, 1990

Name_____

Address_____

City_____ State_____ Zip_____

Make check or money order payable to Better Homes and Gardens.

☐ My check/money order is enclosed
Amount $_____

Please charge to my:

☐ Visa ☐ MasterCard ☐ AMX Exp.Date_____
Card #_____

HOME AND FAMILY INFORMATION GUIDE

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

AMERICAN STANDARD—Perfectly balancing form and function, beautifully crafted American Standard fixtures, faucets and whirlpools are available in a variety of designer colors. AMERICAN STANDARD. $3.00 Circle No. 1.

ANDERSEN WINDOWS PATIO DOORS—16 page, full-color factbook featuring Andersen's complete line of windows, patio doors, and roof windows. From window terms and treatments to styles and security measures, all designed to help make you a smart window shopper. ANDERSEN CORPORATION. FREE. Circle No. 2.

CALIFORNIA CLOSET—Make your life easier with a customized, adjustable closet where everything is easy to see, reach and find. Color brochure shows how a California Closet system can be quickly installed in your existing closet, doubling your hanging and storage space. CALIFORNIA CLOSET. FREE. Circle No. 3.

GUIDE TO CEDAR ROOFING—New fact-filled documentation on cedar roof advantages; durability, insulative performance, wind and hail resistance, structural strength, etc. Compares against other roof products. CEDAR SHAKE & SHINGLE BUREAU. 25¢. Circle No. 4.

CONGOLEUM floors are designed to fit today's busy lifestyles. The newest flooring designs and colors are previewed in a full color literature kit, containing photographs and information on the company's versatile product line. CONGOLEUM. FREE Circle No. 5.

CRESTLINE FULL-LINE BROCHURE—Nobody can fill a home's openings more beautifully or more completely than Crestline. And nobody matches the Crestline family of products for quality, selection and value. Wood windows and patio doors, wood and vinyl replacement windows, skylights, wood bifold doors, and interior and exterior wood shutters are detailed in this brochure. CRESTLINE. $1.00. Circle No. 6.

"The Water In Your Life"—A glossy 8-page booklet about home water problems, how they occur and how they can be corrected to provide a higher quality of life. From EcoWater, the world's largest manufacturer of home water treatment systems. ECOWATER. FREE. Circle No. 7.

ELKAY KITCHEN AND BATH IDEAS. This booklet tells how stainless steel sinks and accessories give a smart contemporary look that flatters any kitchen interior and blends with any decor. Included is our complete line of stainless steel sinks, faucets, dispensers and work-saving accessories. ELKAY. $1.00 Circle No. 8.

THE FLOOD COMPANY—Penetrol Application Guide from The Flood Company describes how to use Penetrol on metal, fiberglass and wood. Penetrol makes it easy to prime, paint, stain, protect metals from rust, restore beauty to fiberglass and protect wood. THE FLOOD COMPANY. FREE. Circle No. 9.

THE FLOOD COMPANY—Our multi-guide "How to keep your outdoor wood looking good" is a 28-page color booklet which is a guide to cleaning and finishing exterior wood. It includes information on our products Seasonite, Dekswood, CWF Clear Wood Finish and Aquatrol for cleaning and finishing exterior wood. THE FLOOD COMPANY. FREE. Circle No. 10.

FRIGIDAIRE ELITE COLLECTION—A 12-page, full-color brochure show the latest in major appliance styling — white-on-white products. Covers refrigerators, ranges, dishwashers and microwave ovens. FRIGIDAIRE. $1.00. Circle No. 11.

IN-SINK-ERATOR STEAMIN' HOT DISPENSER SYSTEMS —Full color brochure lists all of the benefits of having 190 degree cooking hot water instantly...right at the kitchen sink. Ideal for any recipe that calls for boiling water. Four models including the new Euro-design GN and HC models in white, almond, and black designer colors. IN-SINK-ERATOR. FREE Circle No. 12.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 13.

KOHLER—Offering a complete set of full-color product catalogs covering baths and whirpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets, and accessories. Included is a 68-page color idea book, "Bath Persona". KOHLER. $8.00. Circle No. 14.

KOHLER—Guidelines for selecting quality faucets are highlighted in KOHLER CO.'s 20-page full-color brochure, "Premier Faucets, A Guide to Quality and Value." Also included is a 48-page color product catalog covering Kohler's faucets and accessories. KOHLER. $2.00. Circle No. 15.

MARVIN WINDOWS IDEA BROCHURE—Illustrated with four-color photos and renderings how window sizes and styles affect the appearance of your home. Information on how window construction can affect energy efficiency and maintenance is also provided. MARVIN WINDOWS. FREE. Circle No. 16.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 17.

"Tips On Wood Finishing"—Informative 30-page booklet features easy step-by-step instructions for wood finishing and repair projects with Minwax products. Highlights include: color chart, product review and wood care suggestions. Learn to beautify and protect new wood as well as restore and spruce up older wood. MINWAX. FREE. Circle No. 18.

"A HOMEOWNER'S GUIDE TO INSULATION AND ENERGY SAVINGS"—A free 32-page guide to year-round energy savings and comfort throughout your home. The full-color booklet gives instructions on where and how to insulate in an existing home, in a remodeling project and in new home construction. It also explains new government insulation recommendations and helps homeowners calculate the proper amount of insulation. OWENS-CORNING FIBERGLAS. FREE. Circle No. 19.

OWENS-CORNING FIBERGLAS—A four-page, full-color brochure illustrating Owens-Corning Fiberglas' recommendations for building an energy-efficient home. Department of Energy's guidelines for insulation levels in different climates of the country are also included. OWENS-CORNING FIBERGLAS. FREE . Circle No. 20.

PATIO ENCLOSURES INC. SUNROOMS—Open your home to the great outdoors with a three or four season enclosure or a curved or straight eave solarium. All sunrooms are custom designed, manufactured and installed by full-time employees specially trained in sunroom installation. Send for a brochure and then call your local representative for a free in home estimate. PATIO ENCLOSURES, INC. FREE Circle No. 21.

THE ARCHITECT SERIES BOOKLET® from Pella® is highlighted in this 12-page catalog which illustrates the Mission, Colonial, Prairie, and Palladian regional designs. PELLA/ROLSCREEN COMPANY. FREE Circle No. 22.

PELLA WINDOWSCAPING BOOKLET — Windowscaping (SM) refers to bringing the outside in and designing with windows. Windowscaping (SM) is easy with this 19-page booklet from Pella/Rolscreen Company which offers innovative applications for windows, doors, sunrooms and skylights for building, remodeling and replacement. Energy-efficient systems are fully illustrated along with Pella's complete accessory line. PELLA/ROLSCREEN COMPANY. FREE Circle No. 23.

INSULATED DOORS AND WINDOWS—A 32-page full-color catalog details Ariel windows and sliding patio doors in various styles, swinging and French patio doors, and Avanti insulated entry door systems. Specifications and various options are included. PEACHTREE DOORS, INC. FREE. Circle No. 24.

RAYNOR GARAGE DOORS—A full color catalog that illustrates the decade series of steel residential garage doors on a variety of homes. The Decade garage door is the only door warranted to last as long as you own your home! RAYNOR GARAGE DOORS. $1.15 Circle No. 25.

SCHOLZ DESIGN MASCO SHOWHOUSE—The latest SCHOLZ DESIGN Collection, a large 11 x 17 format with 125 exciting designs, 1800 sq. ft. to 10,000 sq. ft., plus free catalog of famed 'MASCO Showhome', variations, 2800 sq. ft. to 10,000 sq. ft. Both available for $44.00 plus $6.00 shipping and handling. SCHOLZ DESIGN. $50.00. Circle No. 26.

HOW TO IMPROVE YOUR INDOOR AIR QUALITY—These helpful booklets explain how to improve your home's indoor air quality. Humidification booklet explains how humidity improves health, comfort, and preserves finishings. Includes tips on choosing a good humidifier. Air cleaning booklet describes common pollutants, ways to improve home environment, and reduce allergies with new high efficiency air cleaners. RESEARCH PRODUCTS CORPORATION. $1.00 Circle No. 27.

RID-X® SEPTIC SYSTEM HELP—Unfortunately, your septic system can back up. But RID-X® helps you avoid septic system failure. This booklet tells how your septic system works and how you can help it keep working. RID-X®. FREE Circle No. 28.

RUST-OLEUM—Protect your home from costly damage caused by moisture and harsh sunlight. The top name in metal protection, Rust-Oleum is known for sealing out moisture and keeping its rich color. Now, Rust-Oleum Wood Saver Paint is made with a unique patented formula that protects wood trim, doors, fences, railings and outdoor furniture. 8-page Homeowner's Guide, Brochure and coupon. RUST-OLEUM. FREE Circle No. 29.

STUCCO STONE PRODUCTS, INC.— FREE IDEAS BOOKLET. 100 color photographs illustrate how Cultured Stone® and Pro-Fit® brand manufactured stone can impact the style and appearance of remodeling and building projects. Contains design and application ideas for every room in the home plus many outside uses. Covers fireplaces, house fronts, wainscoting, landscape uses, feature walls and more. STUCCO STONE PRODUCTS, INC. FREE Circle No. 30.

VELUX-AMERICA INC.—You can improve the light and ventilation in your home with VELUX roof windows and skylights. Our color brochure gives you the most comprehensive product information available to consumers. A price list and list of dealers in your area is included. VELUX-AMERICA. FREE. Circle No. 31.

WENCO WINDOWS—CREATING BEAUTIFUL WINDOWS—A new booklet from WENCO Windows designed to give homeowners assistance in window replacement. Stresses the many window styles available in today's market and provides plenty of ideas to fill your home with showstopping windows. WENCO. FREE. Circle No. 32.

"3M GUIDE TO EXPERT WOOD REFINISHING"—A new booklet provides step-by-step instructions about wood refinishing. It includes a section about finishing, explaining how to apply Scotchgard brand Wipe On Poly Finish, a clear polyurathane. 3M. FREE Circle No. 33.

FURNISHINGS

ROOMS BY BASSETT—A 32-page, full-color publication featuring ideas and helpful hints on redecorating and furnishing every room in your home. Tips on design, room arrangement and remodeling. BASSETT. $5.00 Circle No. 34.

DUETTE® by HUNTER DOUGLAS—We Cover the World's Most Beautiful Views showcases the revolutionary Duette window fashion with energy-saving honeycomb pleat, available in a variety of rich designer colors, textures and fabrics. DUETTE®. $2.00. Circle No. 35.

DUETTE® by HUNTER DOUGLAS—The "Discover the Well-Dressed Window" consumer video showcases the entire Duette product line in a variety of exciting applications and room settings. Ideal and convenient for in-

FURNISHINGS

home viewing. Fully refundable with proof of purchase of Duette products. DUETTE®. $5.95. Circle No. 36.

EXTRAORDINARY FURNITURE SAVINGS—EDGAR B. FURNITURE, America's premier direct order furniture merchant, offers the finest crafted brand name and private label furniture available at PRICES 40% - 45% BELOW RETAIL. Our service - from help with selections to setup in your home - is unsurpassed. Your complete satisfaction is assured. Full-color 320-page catalog. EDGAR B. FURNITURE $15.00 Circle No. 37.

FULL-LINE OF EUREKA VACUUM CLEANERS—A 6-page, full-color brochure provides photographs and information about more than 40 models of Eureka vacuum cleaners. Eureka, an industry leader, offers top quality at affordable prices. Send now for this exciting and insightful brochure so that you can choose the Eureka model suited to your cleaning needs. EUREKA VACUUM CLEANERS. FREE Circle No. 38.

CEILING FANS—A 32-page 4-color booklet describes what features to look for before buying a fan and illustrates **Hunter's** line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are 44 different fan styles and sizes with over 40 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. $1.00. Circle No.39.

LANE®—This 42-page color catalog features quality dining and bedroom furniture, occasional tables, cedar chests, upholstery and unique accent pieces in many different furniture styles, including country and contemporary lacquer. LANE®. $5.00. Circle No. 40.

LANE® RECLINERS—A free full color brochure featuring some of our best selling styles in both fabrics and leather. Also included is warranty and manufacturing information. LANE®. FREE Circle No. 41.

LA-Z-BOY RECLINERS BROCHURE—This 20-page full color booklet showcases the entire line of genuine LA-Z-BOY recliners and occasional chairs. Use it to plan your next purchase of LA-Z-BOY products for any room in your home. LA-Z-BOY is The name America's comfortable with. LA-Z-BOY. $1.00. Circle No. 42.

LA-Z-BOY SOFAS & SLEEP SOFAS—A 20-page full color booklet featuring quality crafted LA-Z-BOY Signature II Sofas, Sleep Sofas, and Sectionals. This catalog can help you select LA-Z-BOY furniture for the living room and family room to suit your style and taste. LA-Z-BOY. $1.00. Circle No. 43.

HOW TO BUY CARPET FOR THE REAL WORLD—A new, easy to read carpet shopper's guide from Wear-Dated Carpet by MONSANTO. $1.00 Circle No. 44.

SOMMA MATTRESS—A set of full-color brochures are yours free. For a good nights sleep, try the new Fashion Folio mattress from Somma. Superb comfort and perfect support can be yours. SOMA MATTRESS. FREE. Circle No. 45.

THOMASVILLE FURNITURE—Thomasville's Complete Guide to Fine Furniture Selection and Furniture Care. THOMASVILLE. $3.00. Circle No. 46.

FOOD

"ADD HONEY—THE GOLDEN TOUCH"—In just minutes, you can add the magic of honey to a vinaigrette dressing, a tangy sauce for meat and chicken, or a lemon whipped cream to serve over cake or crepes. Recipes such as these, along with cooking and storage tips, are available in the "Add Honey the Golden Touch" brochure from the NATIONAL HONEY BOARD. 50¢. Circle No. 47.

HORMEL'S AUSTIN STREET MARKET CATALOGUE—Enjoy perfectly aged beef, smoked bacon, hams and salmon. Butcher shop, Deli, and Bakery specialties by mail. Color catalog with $3.00 saving coupon. HORMEL. $1.00. Circle No. 48.

THE TURKEY STORE COOKBOOK—An 84-page, full-color cookbook featuring 115 delicious fresh turkey recipes you can make all year long. Information is also included on turkey preparation and handling instructions. JEROME FOODS. $2.95. Circle No. 49.

PEPPERIDGE FARM COOKIES—Free brochure,"It's Okay to Eat Cookies", explains how cookies can fit into a sensible, balanced diet. PEPPERIDGE FARM. FREE. Circle No. 50.

FREE RECIPE OFFER. Pioneer's River Mill collection of gourmet baking recipes PLUS the San Antonio River Mill catalog of mixes and gourmet gifts. PIONEER FLOUR MILLS. FREE Circle No. 51.

SODIUM INFORMATION BROCHURE—Send for an informational brochure on sodium and how reducing your intake is a healthy decision. From the makers of MRS. DASH Salt-Free Seasonings. MRS. DASH®. 15¢ Circle No. 52.

GARDEN

GARDENA LAWN & GARDENA PRODUCTS—Known worldwide for quality and innovation, GARDENA products are available in the USA. This full color catalog describes the complete line of sprinklers, nozzles, water timers, quick connect couplings and drip irrigation systems. All products are designed to use water efficiently and precisely, without wasting a drop. GARDENA. 50¢. Circle No. 53.

HEALTH

"UNDERSTANDING EMPHYSEMA" BROCHURE—This 6-page booklet from National Jewish Center for Immunology and Respiratory Medicine in Denver helps people cope with emphysema. Subjects include: causes and complicating factors, relieving symptoms, and how to live a fuller life. NATIONAL JEWISH. FREE Circle No. 54

POOL EQUIPMENT

POOL COVER CATALOGUE—A 14-page, full color catalogue showing the SAVE-T COVER® automatic swimming pool cover and the STEP-SAVER® manual reel cover. Learn how both systems act as a summer, winter, solar and safety cover. The automatic version operates at the turn of a key. Applications for all shapes and styles are depicted. COVER-POOLS, INC. 50¢ Circle No. 55.

TOYS

OHIO ART—Making Creativity Fun. A full-color guide, from the makers of Etch A Sketch® for parents who want their children to experience the many fun, creative learning opportunities offered by Ohio Art's Making Creativity Fun® products. Ohio Art. 60¢. Circle No. 56.

TRAVEL

COLORADO BIG GAME HUNTING—Hunt elk, mule deer, bear, mountain lion in Northwestern Colorado with outfitter Paul Janke, bonded and insured, 15 years in business. LONE TOM OUTFITTING. 25¢ Circle No. 57

TAHOE NORTH VISITORS AND CONVENTION BUREAU—48-page winter 1990 color travel planner for North Lake Tahoe. Ski packages, lodging, dining, special events, and more. TAHOE NORTH. FREE Circle No. 58

U-HAUL® REC VEE RENTALS—U-HAUL offers you the perfect ticket to relaxation with luxury motorhome and travel trailer rentals. Discover how you can enjoy the freedom and convenience of an RV vacation with a free, 10-page brochure. Getting away has never been easier! U-HAUL®. FREE. Circle No. 59.

U-HAUL® MOVING GUIDE—Do-it-yourself and save with U-Haul. This free, 16-page brochure offers quick and easy tips on how to move like a pro. Includes information on how to select the right equipment for your move, and how to pack and load. U-Haul makes moving easier, and you can save up to 50% of the cost of a van line move when you do it yourself. U-HAUL®. FREE. Circle No. 60.

UNIVERSAL STUDIOS HOLLYWOOD—Send for a 4-color brochure describing the excitement of the world's largest working movie studio, Universal Studios Hollywood, where no one makes believe like we do. UNIVERSAL STUDIOS. $1.00. Circle No. 61.

MISCELLANEOUS

HELP SAVE THE WORLD'S ANIMALS! An informative, illustrated brochure from the ANIMAL PRESERVATION LEAGUE tells you how **you** can help many animal causes and endangered species with your membership and a single annual contribution. Help us to help the world's animals! ANIMAL PRESERVATION LEAGUE. $1.00 Circle No. 62

Better Homes and Gardens®

HOME AND FAMILY

INFORMATION

GUIDE

MAIL TO:

Home and Family Information
P.O. Box 2813
Boulder, CO 80329-2813

TO ENSURE PROMPT HANDLING OF YOUR ORDER FOLLOW THESE INSTRUCTIONS

1... $3.00	23... Free	45... Free
2... Free	24... Free	46... $3.00
3... Free	25... $1.15	47... 50¢
4... 25¢	26... $50.00	48... $1.00
5... Free	27... $1.00	49... $2.95
6... $1.00	28... Free	50... Free
7... Free	29... Free	51... Free
8... $1.00	30... Free	52... 15¢
9... Free	31... Free	53... 50¢
10... Free	32... Free	54... Free
11... $1.00	33... Free	55... 50¢
12... Free	34... $5.00	56... 60¢
13... $1.00	35... $2.00	57... 25¢
14... $8.00	36... $5.95	58... Free
15... $2.00	37... $15.00	59... Free
16... Free	38... Free	60... Free
17... $6.00	39... $1.00	61... $1.00
18... Free	40... $5.00	62... $1.00
19... Free	41... Free	
20... Free	42... $1.00	
21... Free	43... $1.00	
22... Free	44... $1.00	

Circle your choice • Enclose check or money order for cost of booklets plus $1.00 service charge (no stamps/foreign) • Send coupon and remittance to address above ALLOW 4-6 WEEKS FOR DELIVERY • Coupon expires October 15, 1991

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

I AM ENCLOSING:

$_____ for priced items

$ 1.00 for handling

$_____ Total remittance

THE MAN NEXT DOOR

SEPTEMBER 1990

■ The changing seasons in our city offer a never-ending panorama of colorful scenes and sounds, but among the most welcome to young mother Liz Randall is the September sight of the children skipping off to school.

■ Bill Norman admits that his diet probably would be a lot more healthful if someone could figure out how to make oat bran and fresh fruit smell as good as fried eggs and crisp bacon.

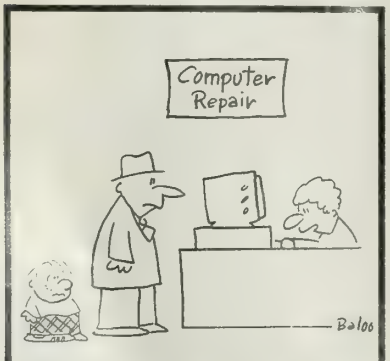
■ One reason that legal advice is so expensive these days, declares Grandpa Hillis, "is because it is handling a lot of problems that used to get resolved over the back fence."

■ Emily Barrett says she doesn't mind the neighborhood children who write their names in the dust on the back of her automobile, just as long as they don't include the date, too.

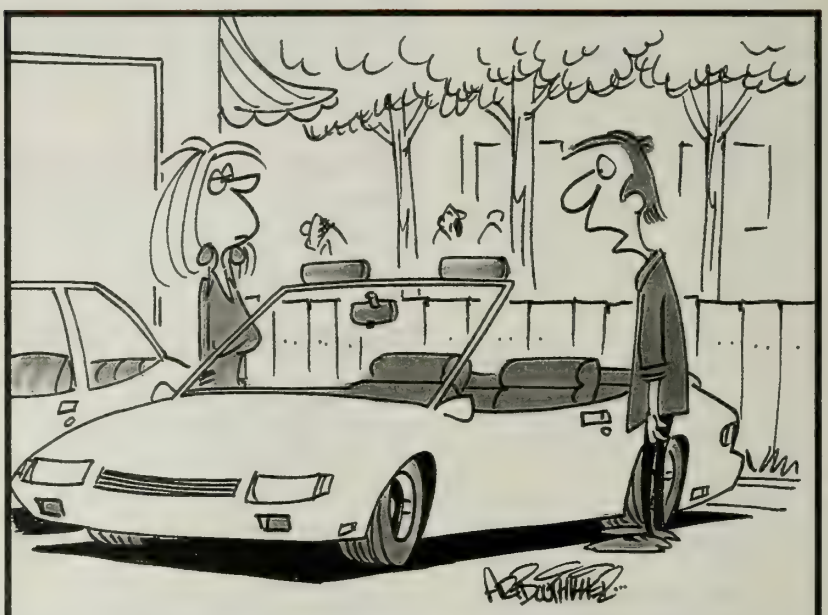
■ Aunt Opal prefers the simpler life of small towns, where the entire accounting department at the local newspaper can be shut down by one small child with chicken pox.

■ "Parents who expect their children to follow in their footsteps," the Rev. George Hall declared last week, "should be careful about dragging their feet."

■ My office mate Bill Minchin argues that the greatest motivational tool ever invented was the home mortgage.



"That's strange—there seems to be a jelly sandwich in your disk drive."



"Oh, great! I locked the keys in the car!"

■ Banker Helen Newsome confides that sometimes she thinks the only person who really appreciates how much work she goes through in the course of the day is the janitor who empties the wastebaskets.

■ Our Rosemary writes from college that her roommates firmly believe in devoting eight hours a day to their studies and eight hours to sleep, although they sometimes have a bit of difficulty in keeping the two activities separated.

■ Our Judy's Sunday school list of evils to be vanquished includes "war, disease, and cooked carrots."

■ Scott and Louise McIntyre spent their summer vacation on a cross-country camping trip with their preteen son and daughter, believing that they should enjoy the children while they are still able to endure them.

■ The new principal at school, Max Keller, agrees that children are more practical these days. "They used to think that money grew on trees," he notes, "but now they know it comes from automatic teller machines."

Christine and I have worked hard to provide the children with a comfortable home, a good education, and even lessons to develop their individual interests and skills.

Yet, we've also tried to instill in them the idea that money isn't likely to substantially affect their level of happiness in life. A recent conversation suggests that we're making headway.

Over dinner one evening, we spent some time recounting the summer's memorable moments. Rosemary voted for the hours spent with her mother and me developing a new flower garden. Burt, Jr., had pleasant memories of a long weekend camping and fishing at the lake, and Judy spoke enthusiastically of the treehouse that she and I built with some surplus lumber.

Though activities like these cost more time than money, they are priceless. For our children, that's what made the Summer of '90 one to remember!

Burton Hillis

90 October

COMFORT FOOD FOR CHILLY DAYS

3 9042 02349145 6



page 117

Better Homes and Gardens®

OCTOBER 1990

BURLINGAME
SEP 6 1990
LIBRARY

DECORATING

BEST NEW LOOKS

and how to get them

AHB
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010

TS

WELCOMING WREATHS

REMODELING

ATTIC RETREAT

3 SPACIOUS ADDITIONS

HEALTH ALERT

KIDS AND CHOLESTEROL

page 42

1.95
10
140055 7





We can carve you a place in history.

The 18th century, with its love of elegance and reverence for craftsmanship, comes fully alive in Thomasville's magnificent Mahogany collection.

The consummate skill of our master carvers shows in each intricate tracing of fretwork and precisely detailed design. It's why every piece of lustrously hand-rubbed furniture in this collection is also a work of art.

Classic furniture crafted by Thomasville. It lets you create your own place in history just about any place.

To receive *Thomasville's Complete Guide to Fine Furniture Selection*, send your check for $3.00 to: Thomasville Furniture, Dept. X04B, Thomasville, NC 27360. For the name of your nearest Thomasville Gallery® or Authorized Retailer, call 1 800 225-0265. Ask for Dept. X04B.



Thomasville®

Beautiful furniture, beautifully made.™



We've put fiber in Roman Meal for 75 years because people need fiber from day one.



When you believe in good, sound nutrition as much as Roman Meal does, you know that good eating habits start when you're young.

Seventy-five years ago, we knew that your body needed roughage for a healthy digestive system. Today it's called insoluble fiber. And you'll still find a good, healthy amount of it in the wheat bran we use in Roman Meal bread.

Insoluble fiber can help you watch your weight, too. Our fiber-rich Roman Light breads are naturally low in calories and they help give you a nice, full feeling after you eat.

Roman Meal Is A Sponsor Of THE AMERICAN MEDICAL ASSOCIATION'S CAMPAIGN AGAINST CHOLESTEROL.

Now there's good news about another kind of fiber: soluble fiber. That's the kind that's in our oat bran breads. The latest research indicates that when used as part of a low-fat, low-cholesterol diet, soluble fiber may help you to reduce your serum cholesterol.

Of course, if you want your kids to get fiber, you'd better make sure it tastes good. That's one reason why we still use honey in our breads. The other's because we like it ourselves.

Today, we still mill and blend Roman Meal to make sure that each new loaf tastes as good as the last. Natural whole grain goodness.® It's been in our bread from the beginning.

So do something your kids will appreciate for the rest of their lives. Start them on fiber-rich Roman Meal breads today.

It's What's Inside That Counts.™

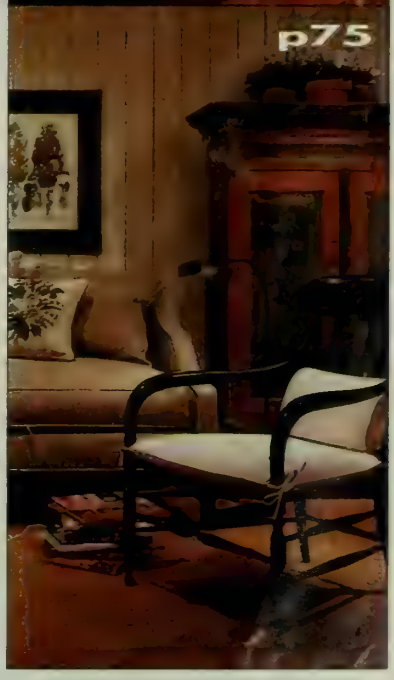
ROMAN MEAL®

© 1989 Roman Meal Company

Better Homes and Gardens®

TABLE OF CONTENTS OCTOBER 1990; Vol. 68 No. 10





ON THE COVER

42 Kids and Cholesterol
65 Three Spacious Additions
75 Best New Looks and How to Get Them
100 Welcoming Wreaths
105 Attic Retreat
117 Comfort Food for Chilly Days

BETWEEN FRIENDS

7 Editor's Letter
10 Family Network® *Our readers offer solutions to family problems*
15 Helping Homeless Families
182 The Man Next Door®
Writes about family, friends, and neighbors

GARDENING

18 Gardener's Almanac *Colorful plants for fall*
22 Elegant Alliums *Rising stars in today's gardens*

FAMILY MATTERS

PARENTING
32 Ending the Homework Hassle
Understanding homework's hidden values
EDUCATION
34 TV in the Classroom *Will television as teacher harm our school kids?*
HEALTH
39 Good Food, Good Health *The new beef*
40 How I Beat Jet Lag (I Think)
42 Kids and Cholesterol *Protecting your child's future*
46 Health Update *News on asthma, acne, allergies, and more*
50 Fitness Matters *Ideas and inspiration to keep you going*
PETS
155 PetLine *Dial an expert for answers to your questions about pets*
TRAVEL
161 America's Surprising Cities *Six cities with vacation opportunities*

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. OCTOBER, 1990. Vol. 68, No. 10.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.



WE'D LIKE TO PUT 600 WINDOWS AND DOORS IN YOUR MAILBOX.

The windows and doors with the industry's most innovative designs, most advanced materials and the longest lasting warranty can all be yours.



PEACHTREE
DOORS AND WINDOWS

Free Brochure

For a comprehensive brochure on the broadest line and best ideas in windows and doors, give us a call at 1-800-477-6544. Or just mail in the coupon

I plan to ☐ build ☐ remodel ☐ replace

Name _____
CO1JO

Address _____

City _____ State: ____ Zip _____

Mail To:
Peachtree Doors, Inc.
4150 Blue Ridge Industrial Pkwy
Norcross, GA 30071

CONTENTS, CONTINUED FROM PAGE 3

FOR YOUR HOME

BUILDING

65 **Adding Up** *Second-story additions*

98 **Tips, Tools, and Techniques** *Cleaning tips*

105 **From Rafters to Riches** *Lofty ideas for attics*

INTERIOR DESIGN

59 **A Collector's Passion** *How to live with the things you love*

75 **'90s Style** *The best new looks and where to get them*

92 **Decorating Q & A** *Answers to your questions*

108 **Three-Ring Success** *Decorating with sheets*

110 **The Big Picture** *Easy-to-make poster frames*

CRAFTS

94 **Home Style** *Tricks or treats*

100 **Autumn Greetings** *Fall bounties that welcome*

112 **At-Home Entertaining** *Great looks from everyday items*

ENVIRONMENT

155 **Prescription for Indoor Air Quality**
Breathe easier with our whole-house tune-up

GOOD FOOD

117 **Tastes of Autumn**
Celebrate the season with soul-soothing recipes

130 **How to Use Nutrition Information**

142 **Recipe Index**

145 **Prize Tested Recipes®**
Bar Cookies, Potato Dishes

148 **Win Money for Your Recipes**

148 **Hatching Egg Substitutes**

SHOPPING

156 **Directory of Architects and Designers**

174 **Buying Guide**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

175 **How to Order** *Special offers, project plans, and kits featured in Better Homes and Gardens® magazine*

176 **Shopping Editor's Choice**

150 **Home and Family Information Guide**

COVER CREDITS Photograph: Hopkins Associates; Furniture: "Bannister" By Taylor Woodcraft; Linens: "Oxford" By Esprit Bath & Bed; Lamp: "Tizio" by Artemide

For service on your subscription, including change of address, write to ***Better Homes and Gardens®*** *Customer Service Manager, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free* **1-800/678-2666.** WE CARE!



SHOWN: THE GLADIOLA TABLE LAMP

LENOX

Because art is never an extravagance.

LENOX CHINA AND CRYSTAL, LAWRENCEVILLE, N.J. 08648. FOR FURTHER INFORMATION CALL 1-800-635-3669. ©LENOX 1990.

THE SAUCE STARTS HERE



Introducing *Del Monte*® Chunky Pasta Style Stewed Tomatoes. We simmer California, sun-ripened tomatoes to perfection with zesty Italian spices, so you can have a quick way to a thick, rich homemade taste. Use them in the recipe below or as a delicious start to your own special sauce.

5-MINUTE HOMEMADE SPAGHETTI SAUCE

1 can (14½ oz.) *Del Monte*® Chunky Pasta Style Stewed Tomatoes
1 can (6 oz.) *Del Monte*® Tomato Paste
3 ozs. water

Combine ingredients in saucepan; bring to boil. Reduce heat; simmer five minutes. Garnish with parsley if desired.

WE GROW HOMEMADE TASTE

Del Monte QUALITY

© 1989 Del Monte Corporation

EDITOR'S LETTER

OCTOBER 1990



GEORGE CEOLLA

GETTING BY WITH A LITTLE HELP FROM OUR FRIENDS

Dear Readers,

The smiling lady pictured above has a lot to smile about these days. A short time ago, Mary (not her real name) was a homeless, physically abused wife with two small kids. Today she has a good job, lives in a nice house, and has completely turned her life around. You can read her story of struggle and success in this issue beginning on *page 15.*

We're telling you about Mary because she was helped by one of our Better Homes™ Foundation programs, and we want you to see the kind of success your donations foster.

Mary's story begs the question: What makes the difference between those folks who get out of the poverty trap and those who don't? Is it, as some would have you believe, that there are "the deserving poor" and, on the other hand, some who are born no damned good?

Thoughts like these bring another case history to my mind. It's the story of a 2-year-old boy and his mom who were deserted by the boy's father. They took refuge in the home of the boy's great-grandmother. Living in this two-bedroom house were his great-grandmother, step great-grandfather, grandmother, great-uncle, and the uncle's young son. Of all the adults, only the boy's mom was employed, at a job paying far below the minimum wage.

Anybody looking at that little boy and his family circumstances wouldn't have given him much of a chance. However, things didn't turn out too badly. When the boy started school, a couple of dedicated teachers gave him extra attention, and a Boy Scout leader befriended him.

To make a long story short, the boy grew up, graduated from high school, got a Naval ROTC scholarship, went to college, went into the Navy, and married a wonderful girl from his hometown. He and his wife eventually had four kids, raised them successfully, and today that boy finds himself a grandfather seven times over and the editor of a big national magazine.

I don't mean this thumbnail story of my life as bragging about my triumph over humble beginnings. Quite the contrary. I easily could have turned out much differently if there hadn't been a few folks in those early years who cared enough to help me.

God knows, there were plenty of ways to go wrong. Peer pressure started me smoking at age 6, for instance. I wonder where I'd be today if there had been a pusher on our playground passing out samples of crack.

Mary deserves every credit for her efforts on behalf of herself and her family. But, take it from me, and I'm sure Mary would agree, the difference between success and failure when you start at the bottom depends less on what you're born with than the help you get along the way.

David Jordan

David Jordan, Editor in Chief

ONEIDA®
OPEN STOCK SALE

NOW — FILL IN YOUR MISSING PIECES

SAVE OVER 50%
ON STAINLESS FLATWARE

Prices guaranteed through January 31, 1991



GOLD ACCENT & LTD STAINLESS $32.95



HEIRLOOM STAINLESS $26.95



COMMUNITY STAINLESS $19.45



DELUXE STAINLESS $13.95

	GOLD/LTD		HEIRLOOM		COMMUNITY		DELUXE	
	Ret.	SALE	Ret.	SALE	Ret.	SALE	Ret.	SALE
5 PC PL Setting 3 PC Hostess Set 3 PC Serving Set	75.00	32.95	80.00	26.95	45.00	19.45	30.00	13.95
46 PC Set	750.00	319.95	500.00	249.95	400.00	184.95	300.00	134.95
66 PC Set	1050.00	444.95	700.00	349.95	560.00	259.95	420.00	189.95
Teaspoon Oval Soup Spoon Iced Teaspoon Salad Fork Place Fork Cocktail Fork	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Butter Spreader (A) Place Knife Steak Knife Butter Knife Sugar Spoon	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Tablespoon Pierced Tablespoon Cold Meat Fork Gravy Ladle	29.00	13.25	22.00	10.00	17.00	7.75	11.00	5.00

SET COMBINATIONS:
3 PC HOSTESS Set includes: Tablespoon, Gravy Ladle, Sugar Spoon.
3 PC SERVING Set includes: Butter Knife, Pierced Tablespoon, Cold Meat Fork.
46 PC Set includes: 8 - 5 PC PL Settings plus Hostess and Serving Set.
66 PC Set includes: 12 - 5 PC PL Settings plus Hostess and Serving Set.

ITEM AVAILABILITY:
A. Butter Spreader NOT AVAILABLE IN: Alexis, Anticipation, Independence, Monte Carlo, Rushmore, Morning Blossom, Falkirk, Calla Lily.

SHIPPING/INSURANCE CHARGES:
UP TO $17.50 ADD $3.50
$17.51 TO $100.00 ADD $5.00
$100.01 TO $250.00 ADD $7.00
$250.01 TO $500.00 ADD $10.00

Mail Orders to: Kaiser Crow, Inc.
3545 G South Platte River Drive
Dept. BHG109
Englewood, CO 80110

Or Call: (303) 781-6888
1-800-468-2769
Mon.-Fri. 7 am-6 pm Mtn. Time

Kaiser Crow

Money Back Guarantee • All Merchandise First Quality with ONEIDA Lifetime Warranty.
We accept VISA, MC, Check and Money Orders.

Better Homes and Gardens®

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Directors
PAUL ZIMMERMAN TIM ALEXANDER
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Associate Editor REBECCA JERDEE
Editorial Assistant SUSAN McBROOM

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Associate SCOTT R. TOLAN

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.;
MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego;
HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa;
BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas; ELAINE MARKOUTSAS, Chicago
MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.;
MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER,
CHRIS OGAARD, DEBRA SANDERS, KAREN EVERETT, MATTHEW PETERSEN, RORI BERSE
Direct Response; Manager NICHOLAS L. DISTASIO Account Executive PATTI FOLLO
New Jersey: HAMILTON D. WEBSTER Minneapolis: RICK WHEELER Atlanta: Southern Manager JAMES J. SOMMERVILLE
Southeastern Manager KELTON LYONS Chicago: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY Detroit: Mideast Manager RICHARD MONLEY Account Executive: JANET DAVY
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL Los Angeles: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Business Manager TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: LEO R. ARMATIS, Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. SELL Corporate Controller and Assistant Secretary LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens® Magazine, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $16. Add $12 a year for Canadian or foreign orders.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

1-800-678-2666

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

When it comes to decorating, Sherwin-Williams has everything covered. Including the floor.



Floor design copyrighted by Armstrong



ASK SHERWIN-WILLIAMS℠ FOR ARMSTRONG SOLARIAN® FLOORS.

At your Sherwin-Williams store, you'll find a great selection of Armstrong's beautiful Solarian floors. In colors, patterns, and textures designed to help you express your personal style.

And when you buy an Armstrong floor from Sherwin-Williams, you get 124 years' experience in the decorating business. From paint to wallcovering to window treatments and flooring, we can help you decorate your home.

Call ***1-800-233-3823,*** *Dept. OASBH, for the location of your nearest Sherwin-Williams store, where you can order* Better Homes and Gardens,® NEW DECORATING BOOK. *You'll save 50% on this helpful book, and also get a special coupon rebate offer on Armstrong Solarian floors. Offer good until 11/30/90.*

SHERWIN WILLIAMS®

© 1990. The Sherwin-Williams Company

FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

STOPPING A CHATTERBOX

Many of you had solutions to the problem stated in Ken Mortonson's June letter about the talkative lady who dominates meetings. Here's a short and sweet sampling of your concise suggestions:

Friends of mine inadvertently solved a similar problem. They practiced using a new camcorder at their bridge club. When the woman in the club who talked all the time saw herself on the videotape, she was flabbergasted, and exclaimed, "That woman always wants to be the center of attention. How can you all stand to be around her?"

Judy Allen
Indianapolis, Ind.

There are several techniques for maintaining control of a meeting. One is to state that the person's comments are interesting, but that time constraints prevent exploring them at this time. Ask the person to put them in writing and submit them at the next meeting. Another method is to use Robert's Rules of Order (Thomas Nelson Publishers, $9.95, or Morrow Quill Paperbacks, $5.95.) This book explains in detail how to conduct meetings, including how to squelch—in an impersonal manner—comments not related to the subject.

Julie Carter
Carlos, Calif.

The best way to stop marathon talkers is to bombard them with questions. Interrupt every sentence or two. Most nonstop talkers avoid two-way communication.

Sara M. Ekblad
Lincoln, Nebr.

You cannot change her. Do not even try. You are the one who must change in your actions and reactions toward her. Each person must become as assertive as she is. You must hold your ground and practice some positive groaning outwardly. You will see a change. I've seen it work.

Franchon Adams
Stow, Ohio

The chair can initiate a policy that all comments must be limited to one or two minutes in order to give everyone an opportunity to speak. This lady could even be asked to speak first, to get her comments out of the way.

Eleanor Lawrence
Stockton, Calif.

Tell her! The truth may be difficult, but can be said in a gentle way. If she becomes offended, that is her problem to deal with. In the long run, people appreciate the truth. That is what friendship is about.

Robert Chadwick
Kingsley, Mich.

Help! I am the lady mentioned (actually, I live in another state, but the letter hit a nerve). I babble when I get nervous, and can't seem to stop. The kindest thing anyone can do is to offer a quietly spoken word or a soft touch. Believe me, if your acquaintance is anything like me, she'll be grateful someone stopped her.

Name withheld
Odessa, Tex.



WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.



It's a far cry from avocado.

And it certainly isn't harvest gold, either.

Introducing White on white, a full-line of appliances from GE.

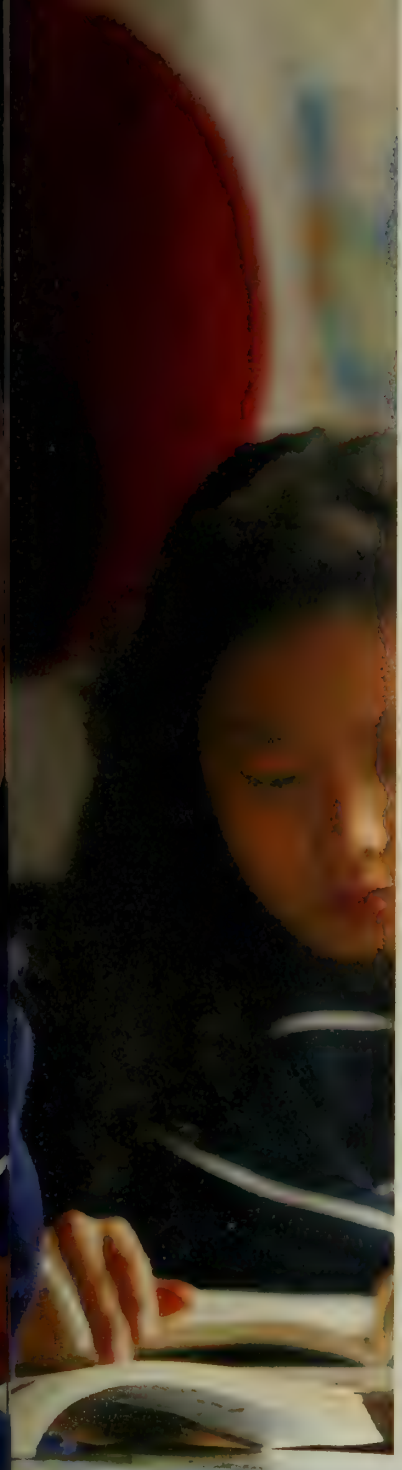
Proof that intelligent design can be a beautiful thing to behold. And that you don't have to remodel your kitchen to bring it up-to-date.

For a more detailed description, call the GE Answer Center® service at 800-626-2000. They'll gladly send you our White on white brochure. In full color, of course.

We bring good things to life.

©1999 TI

Texas Instruments



Saturday Is a School Day In Korea.

The need for our children to master the basics has never been more critical. But the key to mastery is a child discovering how to turn practice into a challenge that's fun. The more it can be done at home with a parent, the faster and happier a child can excel in school.

This is the idea behind TI's tools for learning on the TI Learning Path™.

Each tool was developed to address a specific phase of learning that can begin as early as infancy.

Each tool was developed with America's foremost educators to be wonderfully engaging and infinitely patient. Each uses music and sound to stimulate, motivate and reward.

Our classroom calculators, preeminent tools for learning math, support the curriculum guidelines of the National Council of Teachers of Mathematics. And in a pilot study, they have helped raise math scores among children who don't even like math.

The tools on TI's Learning Path. Imagine if you'd had them when you were growing up.

TOOLS FOR LEARNING FROM
Texas Instruments

BECAUSE OUR NEWEST GENERATION MUST BE OUR SMARTEST GENERATION.



Richer than an OPEC nation.

There's a wealth of luscious ingredients in each variety of Chips Ahoy! Selections. Be it a king's ransom in old-fashioned oatmeal. Nuggets of crunchy pecans. A small fortune in freshly-cracked walnuts. Or an abundance of delicious chocolate chips.

Chips Ahoy!® Selections



© NABISCO BRANDS, INC.

HELPING HOMELESS FAMILIES

YOUR CONTRIBUTIONS AT WORK



◀ Mary and her children spend happy days at a park near Boise, Idaho. The family became homeless when Mary moved out to escape a physically abusive marriage. Today, thanks to Homeward Bound, she has a good job and a safe home.

BACK ON HER FEET AND IN A HOME OF HER OWN AGAIN

Two-and-one-half years ago, Mary Olson (not her real name) was desperate. "My husband started getting abusive, and I didn't know what to do," she says. "I half believed him when he said it was all my fault. I was really depressed. My dad had been abusive with my mom, too, and I didn't want my kids to go through what I did. I knew I needed help."

Finally, Mary took the kids and moved out to an emergency shelter for battered wives.

Julie was 4, Richie 10, and the family was homeless.

Help from others. The move to the shelter was Mary's first step toward the self-sufficient, productive life she enjoys today. Now divorced, she holds a full-time job and pays rent without subsidy for a home in Boise.

Key to Mary's success was a year in Homeward Bound, a program run by Boise Neighborhood Housing Services that provides homeless families with individual housing, counseling, and connections to day care, health care, and other support systems for up to 24 months.

Homeward Bound received a grant in 1989 from The Better Homes™ Foundation, the nonprofit organization founded in 1988 by *Better Homes and Gardens*® magazine to help homeless families. Donations from our readers have been instrumental in providing money for the foundation to distribute to local organizations that work with homeless families like Mary's throughout the country. To date, we have raised nearly $1.9 million.

Helping her to help herself. "I don't know where I would be today without The Better Homes™ Foundation and Boise Neighborhood Housing," Mary says. "They brought stability to my life and gave me the encouragement I needed. I was really at the bottom when I got there."

After a few days at the shelter, Mary and the kids had moved to a YWCA crisis center in Boise. "They were really good to us," she says. "We didn't have anything of our own, and they gave us clothes and other things. But it wasn't our own home. Homeward Bound offered a lot more stability."

When Mary applied to the program, she didn't have the $50 deposit that was required to get into one of their houses. So, she asked Boise Neighborhood Housing if she could work for them to earn it. They agreed, and she continued to do a number of jobs for them. Mary was determined to move ahead with her life. "I probably could have gotten welfare and just rented a house," she says, "but I wanted what the Homeward Bound program offered. I never wanted to return to the life I had had before."

Individual and group counseling at both the Y and Homeward Bound helped Mary immensely. "I had always thought I was not normal," she says. "When I got into counseling, I realized that a lot of people had gone through what I had. The kids also got help, and as they began to see me feel happier, they felt better, too."

Homeward Bound currently serves 30 families in individual homes at various sites in Boise. Before the program began three years ago, there was only one 60-day temporary shelter for the homeless in Boise. Families often did not have the time or help required to stabilize their lives so they could become productive members of the community.

That's where a transitional housing program like Home-

continued on page 16

BY MARGARET DALY; PHOTOGRAPHS BY GEORGE CEOLLA

HOMELESS FAMILIES

continued from page 15

ward Bound comes in. "Helping these families function within the community is central," says Connie Hogland, executive director of Boise Neighborhood Housing Services. "Housing alone does not solve the problem. Often there are emotional difficulties, no job skills, no family to help with baby-sitting while the mother looks for work. Counseling and other supports are critical."

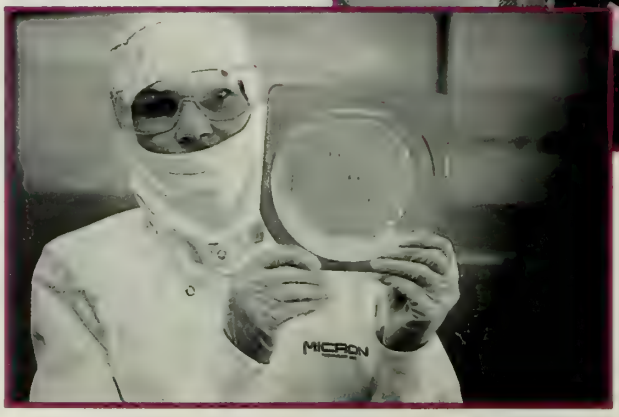
Landing a great job. Job counseling certainly helped Mary. "I had never really worked before," she says. "I was a housewife. The counselors gave me a lot of skills tests and helped me learn how to handle job interviews. They really built up my self-esteem. They also helped with things like gas money and baby-sitting while I was looking for a job."

It all paid off in early 1989, when Micron Technology hired her full-time to check computer-chip wafers for flaws. A few months later, Mary got a promotion and now trains other employees. "She is an energetic and enthusiastic team member," says Kipp Bedard, vice president. "She will go out of her way to help others." Mary loves the job and the people, too: "Everyone is really supportive of me."

"I don't know where I would be without the help of Boise Neighborhood Housing and The Better Homes™ Foundation."



▲ Mary pays full rent for their home in Boise. "It's a stretch sometimes," she says, "but it feels good to be paying my own way." Through counseling and other resources, Homeward Bound helps homeless families stabilize, find housing, and live productively in the community.



▲ Job counseling benefited Mary, who had never worked full-time. Hired by Micron Technology to check computer-chip wafers, she now trains other staff.

Now self-supporting and in her own rental home, Mary is no longer in Homeward Bound. But she serves on their advisory board to add perspective from her experiences. She also checks in periodically with her former counselors there. "I get feeling a little shaky sometimes," she says, "but they're right there to help. That makes me feel good."

To help us help others, see the coupon, *below.*

Yes, I want to help families overcome the crushing burden of homelessness. Enclosed is my gift to The Better Homes™ Foundation for:

$15 — $25 — $50 —

$75 — $100 — $ ——— Other

My company has a matching-gift program:

COMPANY ———————

ADDRESS ———————

PLEASE CHECK THE APPROPRIATE BOX:

Enclosed is my check ☐

The Better Homes FOUNDATION
HELP FOR HOMELESS FAMILIES

NAME ———————

ADDRESS ——————— APT ——

CITY——————— STATE——

ZIP ———————

Your gift is tax deductible

Please charge my donation to:

Visa ☐ Master Card ☐

Please make your check payable to The Better Homes™ Foundation and mail it to:

The Better Homes™ Foundation
LOCUST AT 17TH
P.O. BOX 10879
DES MOINES, IA 50336-0879

☐ Please send information about helping homeless children each month. OTO

Credit Card Number ———————

Expiration Date (month/year) ———————

ARMSTRONG PUTS THE HEIGHT OF FASHION RIGHT AT YOUR FEET.





Floor design copyrighted by Armstrong

Solarian Supreme 88282

The country kitchen's going continental. Its decor may include influences that range from the hedgerows of England to the steppes of Russia.

Floral Trellis, the newest pattern in the Solarian® Supreme Collection of Armstrong floors, is fashionably at home in this eclectic environment.

The way its ivy motif and gentle pastels blend with this room's Old World treasures and Laura Ashley fabrics and wallcoverings shows why it's the perfect complement to the rich continental flavor brewing in some of America's most exciting kitchens.

For the name of your nearest Armstrong Floor Fashion Center® retailer, call 1 800 233-3823. Ask for Dept. Ashley. Or write: Armstrong, Dept. Ashley, P.O. Box 3001, Lancaster, PA 17604.





Armstrong

so nice to come home to™

Mfr. suggested retail price.
Kings: 5 mg. tar, 1.0 mg. nicotine—100's: 15 mg. tar,
1.1 mg. nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

GARDENER'S ALMANAC

OCTOBER 1990

BY
DOUGLAS A. JIMERSON
AND
JANE AUSTIN McKEON



PETER KRUMHARDT

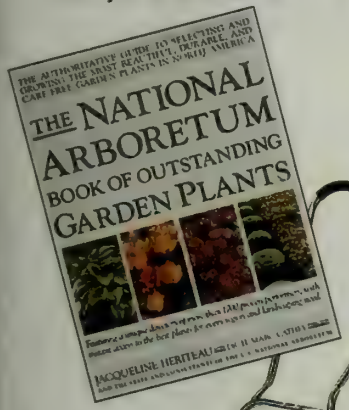
Maples have long epitomized the glorious hues of autumn. Best known for large shade trees, the maple family also claims a little gem of equal grandeur. The amur maple *(Acer ginnala)* is a shrubby species that grows only 8 to 10 feet tall. Like its cousins, this ornamental tree displays brilliant red foliage in the fall. You can plant amur maples (sold at many local nurseries) now before frost hardens the ground.

MENTHOL
Alpine
REFRESH FOR LESS
Philip Morris Inc. 1990

GARDENER'S BOOKSHELF

The National Arboretum Book of Outstanding Garden Plants, **by Jacqueline Heriteau with Dr. H. Marc Cathey and the staff and consultants of the U.S. National Arboretum, is a guide to selecting and growing the most reliable plants in North America. The book includes the new USDA Plant Hardiness Map of the United States.**

Write: Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020; 320 pages; 450 color photographs; $39.95; hardbound.



IT'S THE REEL THING

Reel mowers are making a quiet comeback. An environmentally sound option to gas-powered rotary mowers, American Lawn Mower's lightweight Deluxe/Light reel mower is easy to maneuver and virtually maintenance free. For more information, write to American Lawn Mower Co./Great States Corp., P.O. Box 369, Shelbyville, IN 46176.

AMERICAN LAWN MOWER CO.



PHOTOGRAPH: MIKE MORELAND
REGIONAL EDITOR: RUTH REITER

For enduring late-season color, Roy Wyatt, our southern test gardener, fills gaps in his fall garden with flowering kale *(Brassica oleracea)*. This ornamental member of the cabbage family flourishes during the cool days of autumn.

"Flowering kale needs cold weather to change color," Roy says. "In fact, its pink, red, and purple leaves are intensified by frost."

Roy buys ready-to-plant gallon containers of flowering kale at an Atlanta garden center. "Plants will survive a mild winter here in Georgia if temperatures never drop below 20 degrees F.," he says. In the North, Roy recommends planting flowering kale about one month before the first expected fall frost.



IF YOU'VE EVER SAID "I CAN DO THAT," NOW'S YOUR CHANCE.

If you're willing to work hard and believe in the importance of good customer service, you're well on your way to becoming a successful real estate agent. The rest comes from working with a company like Better Homes and Gardens® Real Estate. We'll provide you with some of the best tools in the business, including our proven Home Marketing System,™ to help you serve your customers better than anybody.

Turn your dedication to service into a professional and profitable career with *Better Homes and Gardens* Real Estate. Call now during Career Month, 800-274-7654, or send us this coupon. It may be just the chance you've been waiting for.

I'd like more information about a career with Better Homes and Gardens® Real Estate.

Name _____

Address _____

City/State/ZIP _____

Home phone ( ) _____

Mail to: Better Homes and Gardens® Real Estate Service
Box 10621, 2000 Grand Ave., Des Moines, IA 50336-0621

SOLD

Better Homes and Gardens®

NOBODY KNOWS HOMES BETTER™

Each firm independently owned and operated. Availability of services may vary.

© Copyright Meredith Corporation 1990. All rights reserved.

Katie's Bedtime Story

by Brigitte Deval



Shown smaller than actual size of 18" (standing).

© 1990 Georgetown Collection

"Once Upon A Time..."

She's so grown up. And such a perfect mommy. Every night she reads a story to her little dolly. She cuddles her close - acting out each sentence with just the right expression.

You can tell she's quite intent on pleasing her audience. Just look at her big blue eyes and those pink pursed lips. (And if those flannel jammies with their little feet make you want to smile, go ahead!)

Katie's a wonderful little girl. She's also a true original - the creation of Brigitte Deval, one of the world's most eminent doll artists, whose works have been displayed in museums and in the windows of Tiffany's.

And she's everything you could wish for in a collector doll. Fine bisque porcelain, lovingly hand-painted. Issued in an edition limited to 100 firing days. Cuddly flannel, carefully embroidered and hand-tailored. Complete with her own storybook and little rag doll friend. *Only* from the Georgetown Collection.

***Katie.* A loving little girl in hand-painted porcelain . . . soft flannel . . . and embroidered lace. With her own storybook and little rag doll friend.**

Georgetown Collection • One Foden Road, P.O. Box 9730, Portland, ME 04104-5030

Reservation Form

Please return promptly.

Georgetown Collection
One Foden Road, P.O. Box 9730
Portland, ME 04104-5030

Please accept my reservation for *Katie's Bedtime Story*, a new and original collector doll by Brigitte Deval. I need send no money now. I will pay for my doll in 5 equal monthly installments of $27*, the first to be billed just prior to shipment.

My satisfaction is completely guaranteed.

*Plus $3 per doll for shipping & handling. Shipment guaranteed within 30 days of initial payment.

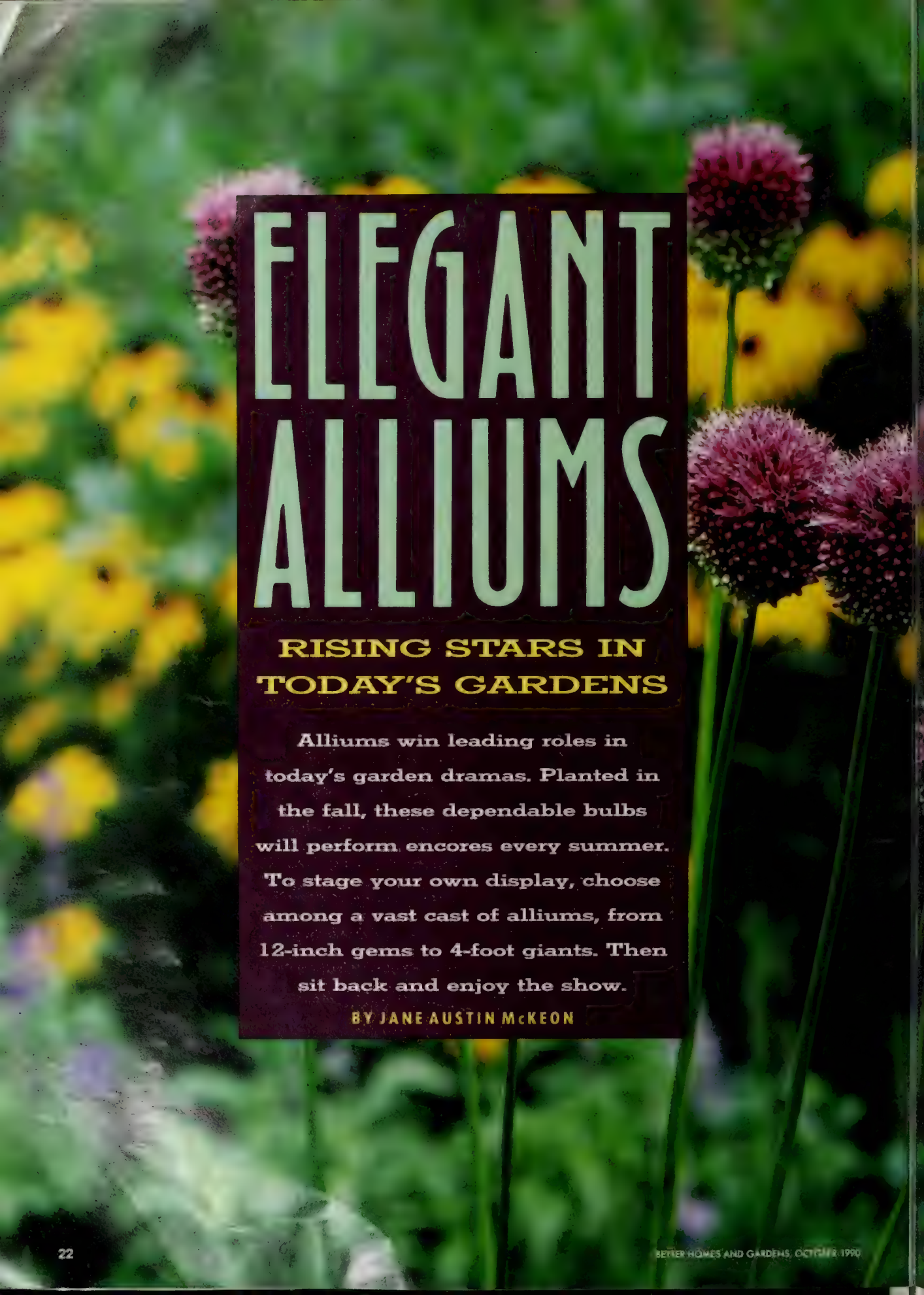
Name _____

Address _____

City _____

State _____ Zip _____

K58



ELEGANT ALLIUMS

RISING STARS IN TODAY'S GARDENS

Alliums win leading roles in today's garden dramas. Planted in the fall, these dependable bulbs will perform encores every summer. To stage your own display, choose among a vast cast of alliums, from 12-inch gems to 4-foot giants. Then sit back and enjoy the show.

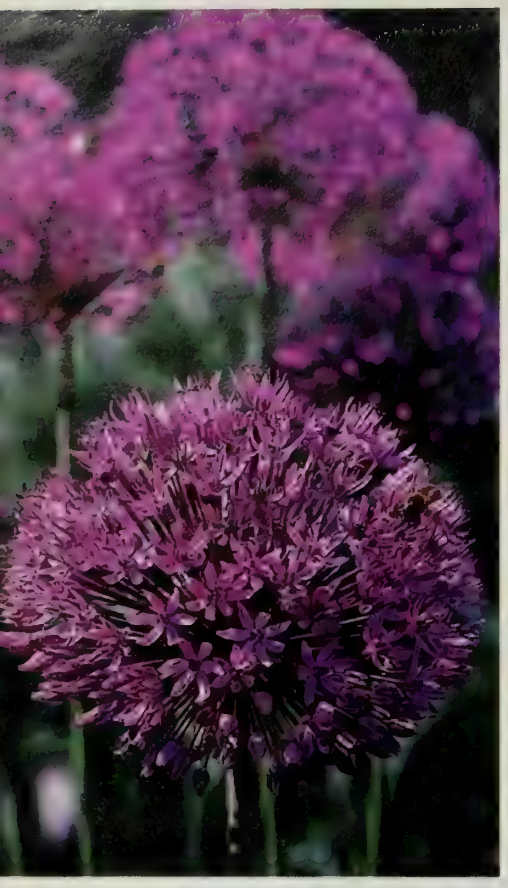
BY JANE AUSTIN McKEON



DRUMSTICK ALLIUM

Allium blossoms, perched atop leafless stalks, appear to float in midair. Swaying in a breezy orbit 2 feet above the earth, the 1-inch reddish-purple blooms of drumstick allium (*Allium sphaerocephalum*) play heavenly host to sunny rudbeckia.

ELEGANT ALLIUMS



ROSENBACH ONION

Cousins to onions, alliums often carry the family name, and live up to it. Rosenbach onions (*A. rosenbachianum*) release a pungent aroma when cut. What brings tears to the eyes are their 5-inch violet blooms on 2-foot stems.



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

GOLDEN GARLIC

Tiny alliums are at home in front of taller perennials, where they can capture your attention without begging for closer inspection. Short and sweet, 12-inch golden garlic (*A. moly*) blooms alongside hostas. Given strong morning sun, clumps spread rapidly.



BEAR'S GARLIC

Allium bulbs sleep underground until warm weather coaxes them into bloom. Waking from hibernation in summer, bear's garlic (*A. ursinum*) creates an uproar with 2-inch white blossoms. Mass these 18-inch-tall jewels at the edge of a perennial border.



PHOTOGRAPH: BILL STITES. ALL OTHERS: JULIE MARIS/SEMEL

GIANT ALLIUM

Growing straight and proud, tall alliums look like stately sentries clad in formal headdress. Sporting magnificent 4-inch, lavender flower heads, a regal regiment of 4-foot-high giant alliums (*A. giganteum*) stands guard over a hillside platoon of ground-hugging pachysandra.

continued on page 27

To order a special collection of alliums, see page 175.

INTRODUCING

HAZELNUT

BELGIAN CAFE



©1990 General Foods Corporation

Make breakfast something special with the charm of coffee served the continental way. Wake up to the delicate aroma of *noisette,* the delicious hazelnut flavor that graces luscious Belgian pastries. And drink in the creamy, rich taste of new Hazelnut **Belgian Cafe.** **Only 60 calories in each delicious cup.**

General Foods® International Coffees.

BRAWNY'S ART FOR THE MESSES.



Brawny, the artist with two of his latest prints.

Thanks to these new Brawny® prints, paper towels have just been elevated to a new form of art that is both beautiful and functional.



Close-ups of the hearts and leaves, and cubes.

They're beautiful because there are seven new bold designs, some featuring two colors.

They're functional because Brawny has the biggest sheet you can buy, so they're big enough and tough enough for even the messiest spills.



The Big, Tough™ Towel.

And since Brawny paper towels can be found in the supermarket, this is one piece of art everyone can afford to hang on their kitchen wall.

© 1990 James River Corporation

Nobody has the Carlton Combination.

1. Lowest tar. Lowest nicotine.



1 mg. tar
0.1 mg. nic.

© The American Tobacco Co. 1990.



Mass tiny allium species in clusters of at least a dozen bulbs for the most eye-catching effect. Dig one large hole, 4 inches deep, and space the bulbs 4 inches apart. Cover with soil.



Plant large allium species singly as showy garden specimens or in small groups of at least three bulbs. Dig individual holes, 6 inches deep, and space bulbs 12 inches apart.

PHOTOGRAPHS: PETER KRUMHARDT

ALLIUM ADVICE

- **Sprinkle a balanced fertilizer around plants in the spring when new growth emerges to bolster blooms.**
- **Remove all spent flowers and stems, but leave the foliage to ripen naturally. This allows bulbs to store food for the following year's show.**
- **Cut a few alliums before the flowers fade for dried bouquets. Hang long stalks, heads down, in a dark, well-ventilated place until dry. To keep colors bright, place bouquets away from sunlight.**
- **Divide plants when, after several years, clumps become too crowded and fail to flower.**

ELEGANT ALLIUMS

continued from page 24



CRANDALL & CRANDALL

Alliums bring long-lasting drama to any sunny garden setting.

Alliums will flourish in any garden location that receives at least six hours of sunlight each day. Fall planting will ensure blooms the following year.

Before setting in bulbs, improve soil fertility and drainage with organic matter, such as composted manure and peat moss. After planting, water deeply.

To insulate bulbs in winter, cover the bed with a 4-inch-thick mulch of leaves or straw.

2. "The taste that's right."



U.S. Gov't. Test Method confirms of all king soft packs:

Carlton is lowest.

1 mg. tar
0.1 mg. nic.

King Size Soft Pack: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.



Marilyn Monroe™

TM designates a trademark of
The Estate of Marilyn Monroe.

"Marilyn Monroe in 'The Seven Year Itch'"

In full color on fine china

Actual diameter: 8½ inches

©1990 The Estate of Marilyn Monroe
"The Seven Year Itch" ©1955, renewed 1983, Twentieth Century Fox Film Corporation ©1990 Delphi. All rights reserved.

Relive the Legend.

Marilyn Monroe. She was the ultimate glamour girl. Innocent when she winked. Provocative when she walked. Sizzling when she sang.

In little more than a dozen movies, *Marilyn Monroe* cast a spell of enchantment upon the world...a hypnotic hold now preserved indelibly on film.

Now, the famous scene from the popular motion picture "*The Seven Year Itch*" has been captured by artist Chris Notarile, in an enchanting portrait created exclusively for the collector's plate medium. "*Marilyn Monroe in 'The Seven Year Itch'*" is highly recommended by The Bradford Exchange.

It has the potential to appreciate in value. The edition of "*Marilyn Monroe in 'The Seven Year Itch'*" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $270.00*—more than 1,000% of its $21.50 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "*Marilyn Monroe in 'The Seven Year Itch'*" as one of the year's top prospects ...and we'll back up your purchase with our 365-day money-back guarantee.

To acquire "*Marilyn Monroe in 'The Seven Year Itch'*" at its $24.75 issue price—backed by our 365-day guarantee—simply fill out and mail the order form provided. *Send no money now.* You will be billed in two convenient monthly installments. But don't delay. The time to get "*Marilyn Monroe in 'The Seven Year Itch'*" is now—before it has a chance to increase in value.

*As cited in The Bradford Exchange Market Report, Volume II-5.

©1990 BGE MMG-300M

Order Form

Marilyn Monroe™

™ designates a trademark of The Estate of Marilyn Monroe.

Please respond by: October 31, 1990

Please enter my reservation-order for "*Marilyn Monroe in 'The Seven Year Itch,'*" first plate in the *Marilyn Monroe Collection. Limit: one plate per customer.*

I understand that I need send NO MONEY NOW. I will pay for "*Marilyn Monroe in 'The Seven Year Itch'*" in two convenient monthly installments of $12.37* each, the first being billed before shipment.

X _____
Signature

Mr. Mrs. Ms. _____ ( )
(Circle One) Name (Please Print) Telephone

Address _____

City _____ State _____ Zip

*Plus a total of $3.19 postage and handling and sales tax where applicable. Please respond promptly.

Your 365-day Guarantee

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

THE BRADFORD EXCHANGE
9345 Milwaukee Avenue Chicago, IL 60648

3861-E81216

ENDING THE HOMEWORK HASSLE

Each new school year, some parents wonder how much help they should give their children with homework. Still others worry about how best to structure homework rules. Here are some guidelines all parents can follow to help their kids discover the true lessons that homework teaches.



Mom and Dad: Keep your distance from kids doing homework.

HOMEWORK'S VALUE

The obvious aim of assigning homework is to get your child to practice and strengthen academic skills. By devoting the proper time to homework, your child stands a much better chance of making good grades.

But homework has other important values. Homework can and should be a character-building experience. Handled properly by teachers and parents, homework helps a child develop emotional and behavioral skills needed in the adult world. I call these attributes homework's "Seven Hidden Values."

1. Responsibility: Homework is the child's responsibility. When parents get too involved, they set the process on its head. The lessons get done, but the real lessons don't get learned.

2. Independence: Because it's the first time someone other than a parent assigns frequent tasks to the child, homework breaks new ground. How this golden opportunity is managed will either enhance or obstruct the child's progress toward self-direction.

3. Perseverance: There's no point to a child's doing homework if every time the child becomes frustrated, parents step right in and make it all better. It's OK to let the child struggle a little with a problem.

4. Time management: Children need to be told when to finish their homework, not when to start it. That way, instead of learning to waste time, the child learns to manage it.

5. Initiative: Like a muscle, the ability to be a self-starter strengthens with exercise. That's why it's essential that the child decide when it's time to begin each homework assignment.

6. Self-reliance: Homework can affirm a child's feeling of competency. Mismanaged, it deflates that feeling. Unfortunately, there is no in-between.

7. Resourcefulness: The ability to be inventive in the face of problems is the very stuff of being human. Homework provides a wonderful setting for the child to practice such cleverness.

Although many educators encourage parents to get involved with their children's homework, parents should actually stay at a respectful distance. It stands to reason that the more responsibility a parent assumes for a child's homework, the less the child assumes. The more help a parent provides, the more the child develops feelings of helplessness.

STAYING AWAY

To stay out of the homework business, think ABCs:

A is for "All By Myself." Take Caitlin, for instance; her parents have the right idea. They insist she do her homework in private. This defines Caitlin's homework as her responsibility, and also helps Mom and Dad resist the urge to hover.

B is for "Back Off." Caitlin's parents also know to stay out of her homework unless she asks for assistance. If the request is legitimate, then they help—but only for one of two reasons: First, because Caitlin is stuck at some point, has given it her all, and truly needs guidance. Second, because the homework is finished and she wants one of them to check it over.

In either instance, they understand that help should be brief and encouraging, rarely lasting longer than 15 minutes. Their norm is usually five minutes. If 15 won't do it, then Caitlin's parents should consider referring the problem back to her teacher.

C is for "Call It Quits at a Reasonable Hour." In other words, set a time limit on your child's homework. The deadline should be consistent, say 8 p.m., but can be temporarily suspended for special projects and when extra study time is needed for major tests. BH&G



—Family psychologist John Rosemond's new book, Ending the Homework Hassle *(Andrews/McMeel), is now available in most bookstores.*

How could your kids possibly like a cereal made with whole wheat?



© 1990 General Mills, Inc.

TV IN THE CLASSROOM
Will television as teacher harm our school kids?



Michael Griest, a government-events teacher in Peekskill, New York, always had a current-events section in his Participation in Government class. But last year he changed his method of delivery—to television. Now the students in his classes watch a daily 15-minute news program. "I am so happy that I've used it," announces Griest, who's been teaching social studies for more than 20 years.

Like many other American teachers, Griest had never included TV in his lessons before. There was always so much material to cover, so many things to do, he says, that the idea of TV never entered his mind.

Then, last fall, Peekskill High School—like thousands of schools across the nation—began making Cable News Network's "CNN Newsroom" available to teachers.

"I thought I would try it for a week," Griest says. "I was absolutely amazed. Today's students are of a TV age. For some reason, the things they see on TV stick with them."

To watch or not to watch? The 16-mm films that most of us watched as school kids weren't just a diversion for our tired teachers; the films served as useful educational supplements. So, too, are many of today's educational videos shown on TVs in classrooms all over the country. That's not the problem.

The conflict, say many educational experts, lies in moves to administer daily doses of TV in the classroom. Add to that commercials shown to a captive audience—America's students—and you have the makings of a schoolboard brawl.

At issue are two new television broadcasts aimed at high school students—CNN Newsroom and Whittle Communications' Channel One.

"WE THINK IT'S OUTRAGEOUS TO BE BARTERING THE SCHOOL DAY TO ADVERTISERS. THE NEXT THING YOU KNOW, YOU'LL HAVE TEXTBOOKS WITH ADS IN THEM EVERY 10 PAGES."

Channel One, a newscast developed by Whittle Communications, includes two minutes of commercials for such goods as snack foods, candy, and sneakers. The 4,500 subscribing school systems are required to show the 12-minute program—with its ads—to most students 92 percent of the time it's aired. In return, Whittle donates an average of $50,000 in video equipment to each participating school.

CNN's program, which does not include free equipment, is broadcast to about 10,000 schools and runs for 15 minutes, but has no commercials or viewing requirements. Both are free to schools that use them.

The benefits of using such programs have not only been debated in the educational community over the last year, they also have refocused interest on how and why TV is used in American schools.

Channeling TV's advantages. Many experts say that schools fail kids when they don't use television. Peggy Charren, executive director of Action for Children's Television, thinks commercial television isn't doing its job. But she believes in good educational television in the classroom.

"People who are afraid of TV are afraid of change. At one point, the pencil was a new technology," she says. "We just have to figure out how to maximize the technology for the benefit of knowledge."

Around the country, educators are calling for better use of TV—and other technologies—in schools.

"If we're going to talk about revolutionizing learning, television and computers have to be a part of that process," says Keith Geiger, president of the National Education Association, the nation's largest teacher's union. Geiger and others see TV as a way to erase some of the disparities between rich and poor school districts.

continued on page 36

–Andrea Atkins, a former education editor for Better Homes and Gardens® *magazine, is a writer in New York City.*

Here's how.



© 1990 General Mills, Inc.

TV IN THE CLASSROOM

continued from page 34

"Distance learning" programs are just one example. Kids who want to take a class not offered by their school, for instance, watch the class on TV as it's being taught in another school hundreds of miles away.

But television has important applications in regular classrooms, too.

"You can't see the bottom of the Aegean Sea easily from most classrooms," says Sam Gibbon, director of "The Voyage of the Mimi," an award-winning children's science program produced by the Bank Street College of Education.

Aside from taking kids to new places, television can illustrate scientific and mathematical concepts, recreate historic events, or bring current events into the classroom.

"TV is not a substitute for a book, but it can supplement a book," says Dorothy Singer, Ph.D., of Yale University's Psychology Department.

Mixed grades for Channel One. Channel One has been one of the most criticized introductions to the classroom since the Theory of Evolution.

The top education officials in New York, Rhode Island, and California have banned use of Channel One in public school classrooms because of the commercials. Recently, the North Carolina state Board of Education ruled against Channel One, too.

"I think the Whittle scheme is one of the greatest disasters perpetrated on schools ever," says Edward Palmer, an international children's television programming consultant. "News is not education. We must bring an education to the news—that's what allows us to make sense of it. The Whittle program is mindlessly copying the standard news format. It doesn't pack any depth."

Says Charren of Action for Children's Television: "We think it's outrageous to be bartering the school day to advertisers. The next thing you know, you'll have textbooks with ads in them every 10 pages."

Although Channel One President Ed Winter says he understands such criticisms, he counters, "They don't reflect the realities of America's schools and how bad off we are. We have undermotivated students, poor conditions, and demoralized teachers who don't have equipment. I think the sooner we deal with real world problems and get technology in the schools, the better off we'll be."

How Channel One works. A typical installment of Channel One begins with brief coverage of the day's "top" stories followed by the "Focus" section, which concentrates on a particular subject. Then comes the first commercial break. Back on-screen, the program anchors then introduce the segment of that week's continuing series—perhaps focusing on Eastern Europe or the environment. Finally, the "Pop Quiz" of the day is followed by another commercial break.

Each time a city, state, or country is mentioned, a colorful map highlights its location—a concession to the reputedly poor geography skills of most American students. Winter says that children who watched Channel One regularly fared better on a follow-up current events test than those who did not watch the program.

But John Brunner, associate director of communications for the Cincinnati Public Schools, one of the districts that didn't renew Channel One, said the difference in scores was not "educationally significant." Those who watched Channel One scored only 45 percent on the test, he reports.

WHAT'S ON THE TUBE AT YOUR CHILD'S SCHOOL?

To find out what your child is watching at school, ask the teachers, the principal, or the Board of Education. Keith Geiger, president of the National Education Association, says it is reasonable to ask your school district to form a panel that reviews school television programming. Once you know what your child is watching in school, ask the teacher if there are things you can do at home to follow up. Watching educational programming with your children can reinforce the television watching done at school.

To learn more about watching TV with your children, send a SASE to "Using TV Sensibly," Department of Human Development and Family Studies, Justin Hall, Room BHG, Kansas State University, Manhattan, KS 66506-1403.

Still, some educators say Channel One's commercials are worth enduring because of the equipment that comes with them.

Where's the teacher? All of this enthusiasm for TV is not meant to usurp the teacher's role in the classroom. In fact, using television in an intelligent manner means more work for conscientious teachers.

In Susan Scurich's first- and second-grade classes at Marshall Elementary School in San Francisco, students watch one 30-minute reading program and one 15-minute science program each week. Both instructional programs are by courtesy of a local public broadcasting station. Scurich was so enthusiastic about her students' response that she sought and received a grant to get a TV and VCR for her own classroom.

Before showing the programs to her class, Scurich reviews them, consults the accompanying teacher's guide, and prepares a lesson. Then she turns on the TV.

"I'm right up there by the screen, focusing the kids' attention on certain segments. 'Now watch this,' I say. 'This is coming up.' They see me up there all involved and they follow suit," she says.

"The most successful programs for classroom use are short ones that leave a well-defined role for the teacher," Palmer says.

Turning kids into TV critics. Not only can television underscore a teacher's lesson, it can teach kids to be critical viewers, says Singer of Yale University. By pointing out the use of special effects and advertising gimmicks and by questioning television's information sources, teachers can demonstrate TV's weaknesses.

"Once you teach them to be sophisticated TV viewers, there's a lot of discriminating," says Singer, who with her husband, Jerome, wrote *The Parents Guide: Use TV to Your Child's Advantage* (Acropolis Books, Ltd). The Singers conducted a study asking children to keep track of their TV viewing habits. Once they became aware of how much time they wasted, the children watched fewer hours of TV. Singer says that kids can be taught that just as you don't open every book in the library—you don't watch every show on TV.


Does he care
Aunt Jemima®
Lite syrup is
half the sugar*
with no artificial
sweeteners?
Not for a minute.
*Per serving.
Aunt
Jemima
Lite
½ the Calories
Aunt Jemima®
WHAT YOU REALLY WANT FOR BREAKFAST.

"You are my Sunshine"



Everyone loves Sunshine. And for lots of good reasons. Like great taste. And the fact that just about every cooki and cracker Sunshine makes contains no cholesterol and is low in sodium. Delicious, sensible snacks from Sunshi Now that's something to sing about.

Sunshine

NO CHOLESTERO

"You Are My Sunshine" © 1940 by Peer International Corp. Copyright renewal. Used by permission.



Lean eye of round paired with a low-fat Dijon sauce.

NEW REPORT CARD GIVES BEEF A BETTER GRADE

Fingers pointed to red meat when nutrition experts first recommended that we eat less fat. Was our long love affair with steak over? The message to beef producers was clear: lean up or lose out. They responded by cutting fat in several ways:

Updated farming. Beef today has less fat than beef of 20 years ago because of new production methods.

More trimming. Butchers now trim outside fat to ¼ inch or even less. That's a big change from the days of steaks that were framed with ½ inch or more of fat.

Better labeling. Many stores now mark lean cuts and include nutrition information, too. Look for the cuts labeled rump, round, sirloin, chuck, arm, and shank.

Revised grades. In 1987, the "Good" grade of beef was renamed *Select.* Because it has less marbling (intramuscular fat), USDA Select beef usually provides fewer calories than Prime or Choice grades, but it may not be as tender as Prime or Choice when cooked to well done.

A NEW BRAND OF BEEF

You may notice branded beef, such as Coleman, in your market, claiming to be leaner and more *natural* than unbranded. Natural beef usually, but not always, comes from cattle raised without antibiotics or added hormones.

COOKING LEAN BEEF

Any cut of lean beef needs quick cooking to stay tender and juicy—about one-third the traditional cooking time. The *Better Homes and Gardens®* Test Kitchen recommends cooking lean beef to rare or medium-rare doneness. Our taste testers found that branded and Select cuts cooked this way had similar flavor and tenderness. Try this lean roast beef and see.

BEEF WITH DIJON SAUCE

The lower-fat mustard sauce is based on thickened broth instead of the fat drippings that are usually used in gravy—

Place one 2- to 3-pound *beef eye round roast* on a rack in a roasting pan. Insert a meat thermometer. Roast in a 325° oven to desired doneness, allowing 1 to 1¾ hours for rare (140°) or 1¾ to 2¼ hours for medium (160°) doneness.

For sauce, combine 1 cup *beef broth,* 1 tablespoon *cornstarch,* 1 tablespoon *Dijon-style mustard,* 1 teaspoon *honey,* and 1 teaspoon *Worcestershire sauce.* Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Slice roast; serve with sauce. Top with snipped fresh chives. Makes 8 to 10 servings.

Nutrition information per serving: *166 cal., 25 g pro., 2 g carbo., 6 g fat, 59 mg chol., 215 mg sodium, 354 mg potassium. U.S. RDA: 13% riboflavin, 26% niacin, 10% iron.*

LEAN BEEF'S NUTRITION SCORE

All beef provides important nutrients: protein, iron, zinc, thiamine, and vitamin B_{12}. The amount of cholesterol, calories, and fat varies by the cut, grade, and amount of fat trimmed away. Prices vary greatly, too.

Sirloin Steak	Calories	Fat (g)	Cholesterol (mg)	Average Price/lb.
Coleman Natural	157	4.9	74	$7.47
Golden Trim	135	3.5	70	4.52
PureLean (Kohler)	134	2.9	70	6.49
USDA Choice	172	6.8	76	3.19
USDA Select	158	5.3	76	2.99

These figures are for a 3-ounce broiled beef sirloin steak. The branded meats were totally trimmed. The Choice and Select cuts had a ¼-inch fat cover, trimmed after cooking.

Sources: Applied Microbiological Services Inst.; Industrial Lab.; USDA Handbook 8. BH&G

BY BRENDA McDOWELL AND LISA PIASECKI



HEALTH BY PAUL KRANTZ

HOW I BEAT JET LAG (I think)

A couple of years back, before a fall trip to Europe, I decided to try the Anti-Jet Lag Diet developed by Charles F. Ehret of the Argonne National Laboratory in Argonne, Illinois. This controlled-eating plan was supposed to prepare my body clock to reset itself in Rome. Most authorities say to expect one day of jet lag for each hour of time difference between home and destination. That would have pretty much eaten up my entire trip, so the effort involved with the diet seemed worthwhile.

I began the diet three days before my scheduled takeoff.

Day 1: A high-protein breakfast and lunch. I opted for skim milk, low-fat cheese, and sliced turkey. Dinner was high carbohydrate: lots of vegetables and bread, but no protein foods.

Day 2: A "fast" day, highlighted by chicken broth, a little fruit juice, and a small salad.

Day 3: Same as Day 1. Pasta for dinner. For all three days, no caffeine-containing foods after noon.

Takeoff day: Same as Day 2. (If I were traveling east to west, I could have broken my fast at noon.)

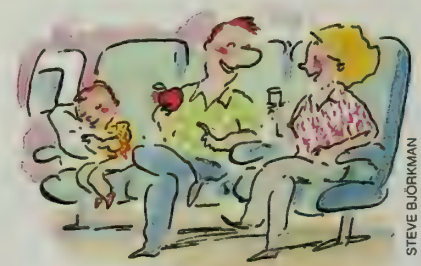
Once I arrived in Rome, I followed the Day 1 plan, eating at the normal mealtimes for Rome.

The following day, during a long bus ride, I enjoyed the scenery while my traveling companions dozed. Whether the credit goes to the diet or to my belief in the diet, I can't say. But it did seem to work for me.

I neglected the diet on the return trip, and didn't feel too bad then, either. But east to west travel generally produces less jet lag anyway.

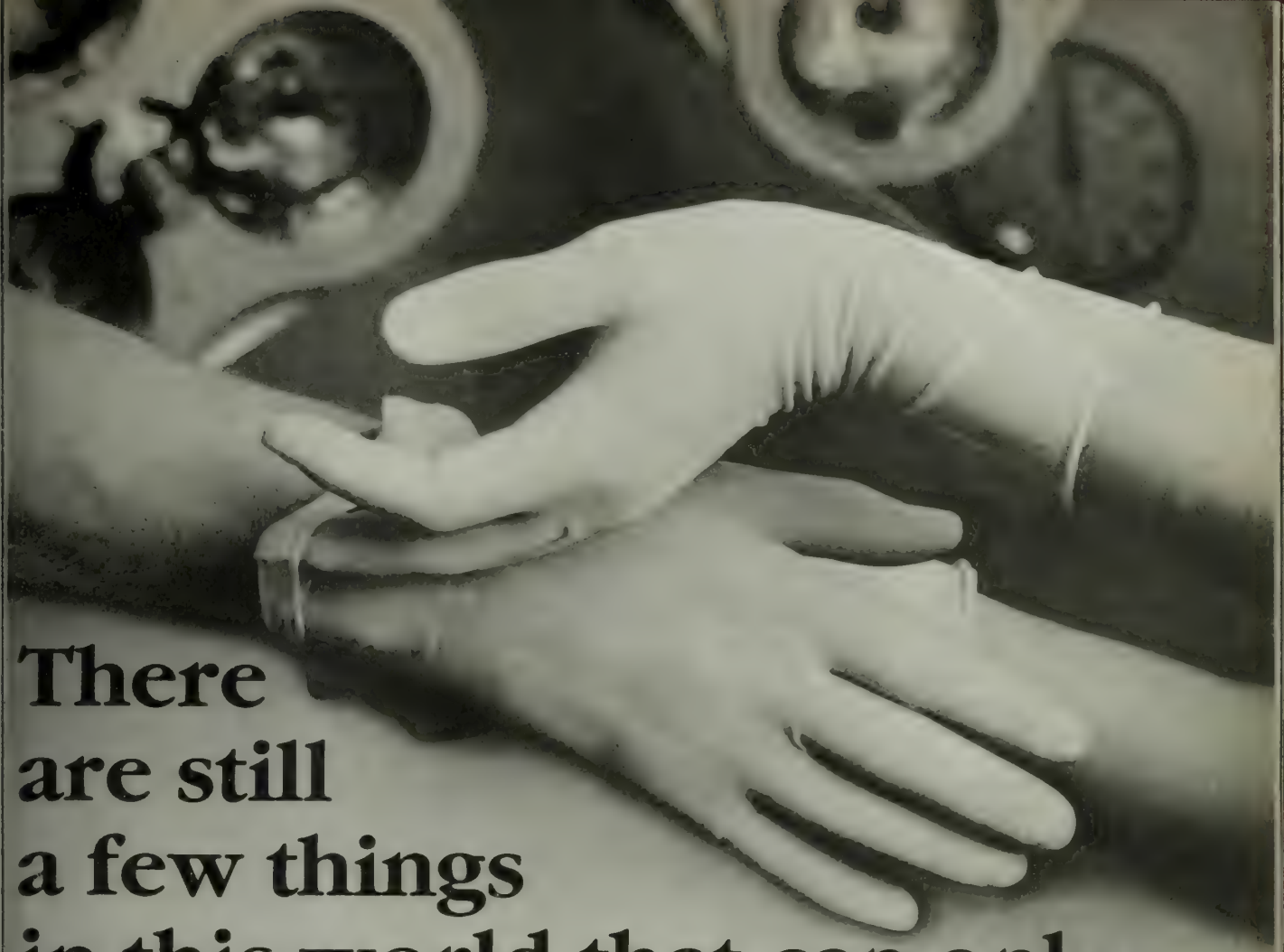
Even without the special diet, you can minimize jet lag's effects by eating only fruits, juices, and water on the plane. Avoid caffeine and alcohol. Sleep on the plane, if you can, then plan on taking it easy the first couple of days, and get out into the daylight to help reset your body clock.

For a wallet card describing the jet lag diet, send a self-addressed, stamped envelope to Anti-Jet Lag Diet, Argonne National Laboratory, Dept. BH, 9700 Cass Ave., S, Argonne, IL 60439.



STEVE BJÖRKMAN

What you eat, and when you eat it, can minimize the effects of jet lag.



There are still a few things in this world that can only be done...by hand.

It's hard work. Painstakingly complex work. Long, difficult and, at times, daring work.

The kind of work only a human can do.

You'll never trust anyone in your life the way you trust your surgeon.

That's why surgeons must undergo nearly a decade of rigorous training under the masters of the profession.

It's why surgeons, throughout their careers, continue to build upon their knowledge, broaden their expertise, and bring about continuing advancements in surgical care.

When you place your confidence in the hands of a qualified surgeon, you can be sure you'll receive the best care available today . . . and tomorrow.

American College of Surgeons
55 East Erie Street
Chicago, Illinois 60611

Get the facts about surgical care.

You can learn more about basic surgical procedures, whether or not you should get additional consultation or a second opinion, and other concerns, through a series of free brochures prepared by the American College of Surgeons. Just fill in your name and address below, then mail this information request to: American College of Surgeons, Dept. BH-90, 55 East Erie Street, Chicago, Illinois 60611

Name_____

Address_____

City/State/Zip_____

Please allow 8-10 weeks for delivery.

KIDS AND CHOLESTEROL
Protecting Your Child's Future



STEVE BJORKMAN

Healthful eating can keep kids' cholesterol levels in check.

Cholesterol concerns aren't just for adults anymore. An 18-year-long study in Bogalusa, Louisiana, revealed children younger than 10 years old with fatty streaks in their arteries. These deposits may represent the beginnings of artery blockage. The children with the highest levels of cholesterol were linked to the highest prevalence of fatty streaks.

"The evidence is clear that heart disease begins in childhood," says Gerald Berenson, M.D., a cardiologist at Louisiana State University and director of the Bogalusa Heart Study.

The evidence also isn't cause for panic. Children with high blood cholesterol are not in any danger of imminent heart attack. They are at risk for *future* problems.

Who should be checked? Despite the evidence, not all experts agree that every child needs a cholesterol check. The American Academy of Pediatrics (AAP) recommends cholesterol testing only for kids over age 2 who have a family history (parent, sibling, grandparent, uncle, or aunt) of high cholesterol or early heart attack.

On the other hand, advocates for mass screening say testing will spot a large number of children who have exceedingly high levels of blood cholesterol. They may not have a family history of heart disease or be aware of one.

The debate over testing is complicated, but if you're concerned about cholesterol, there is at least one good reason to have your child tested. An elevated measurement often spurs families to get serious about making changes in everyone's diet, notes Peter Belamarich, M.D., a staff member at Columbia-Presbyterian Hosptal's Children's Cardiovascular Health Center in New York City.

Cholesterol can be measured by a simple blood test, either in your doctor's office or at "health fairs" located in many malls and public places. (Use discretion with public screenings not run by well-known agencies like the American Heart Association. See "Cholesterol Testing," September 1990.)

Experts say two or more cholesterol measurements taken over a period of several months are needed to establish a diagnosis of high blood cholesterol.

Assessing the results. As blood cholesterol levels rise, so too does the risk of developing heart disease. The optimal cholesterol level for children is believed to be about 140 milligrams per deciliter to 170 mg/dl. (Don't worry about the units of measurements. Just remember the numbers.)

The AAP recommends dietary counseling for children

continued on page 44

GOOD EATING FOR KIDS

Kids with high cholesterol rarely need an exotic diet. Mostly, they should stick to the guidelines that apply to all adults. (Infants under age 2 need higher-fat diets for growth.) Officially, the American Heart Association recommends that kids get no more than 30 percent of their calories from fat. Translated into the real world of kids, that means:

- **Limiting fast-food runs to once or twice a week. Otherwise, push the salads and leave out the jumbo fries, high-fat sauces, and everything-but-the-kitchen-sink burgers.**
- **Sticking to lower-fat pizza toppings like mushrooms, ground beef, veggies, and plain cheese.**
- **Choosing peanut butter, lean meat, or skinless chicken or turkey for lunchtime; put limits on high-fat items like hot dogs, luncheon meats, and deep-fried anything.**
- **Serving more complex carbohydrates like fruits, vegetables, and whole-grain products. Kids may not always eat them, but at least they'll recognize them on sight.**

Fortunately, lots of foods that kids like are also good for them. Most breakfast cereals are low in fat, for instance, as are pasta, lean meats, bread, tuna (in water), skinless chicken, and fruit.

A free cookbook for the 90% of you who don't get enough fiber.



The National Cancer Institute reports that most Americans have diets lacking adequate fiber. "Fiber for a Healthy Life" gives you 60 delicious, new recipes using Kellogg's® All-Bran® cereal. Tasty dishes like stuffed zucchini boats and raspberry streusel that can help insure you get the daily fiber you need. You'll even find nutritional advice on other fiber-rich foods. It's all designed to help you get a taste of the healthy life.

FREE with 3 proofs of purchase
Regularly a $5.95 value

Mail to: KELLOGG'S FIBER BOOK OFFER
P.O. Box 5042, Battle Creek, MI 49016-5042

Please send me _____ fiber book(s). For each book ordered, I enclose three UPC symbols from the bottom panel of Kellogg's® ALL-BRAN® cereal.

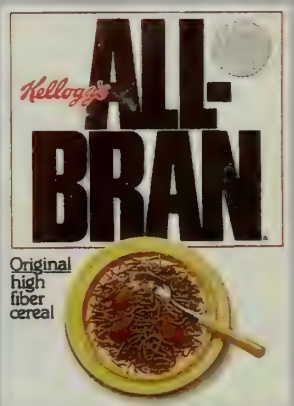
(PRINT PLAINLY—PLEASE INCLUDE ZIP CODE)

NAME _____

ADDRESS _____
(GIVE STREET ADDRESS TO INSURE DELIVERY) APT.-LOT-SPACE #

CITY _____ STATE _____ ZIP _____

WE MUST HAVE YOUR ZIP CODE TO MAIL ORDER. U.S. Military Overseas send APO or FPO address. ALLOW 60 DAYS FOR DELIVERY. Offer good until December 31, 1991, or while supplies last, and is good in U.S., its territories, and Puerto Rico, except where prohibited, licensed, restricted or taxed.



® Kellogg Company © 1990 Kellogg Company

TM ® Kellogg Company © 1990 Kellogg Company

DON'T GET BURNED AGAIN.



Introducing Stanley's new Cool Melt™ glue gun. Its unique oval glue sticks have been specially formulated to melt at lower temperatures. Which means you can use your Cool Melt glue gun to bond together dozens of things more safely than ever.

So next time, get your hands on our new Cool Melt glue gun. And don't get burned again.

Available at participating ACE Hardware stores.

STANLEY®
helps you do things right.

Stanley-Parker, Inc., Worcester, MA 01610 © 1990

CHOLESTEROL

continued from page 42

who have blood cholesterol levels above 175 mg/dl. One-quarter to one-third of American children are in that range.

Most physicians, however, reserve serious attention for levels that exceed 200 mg/dl, because children in this range have the greatest risk of developing high cholesterol in adulthood. About 5 percent of kids top that mark.

Children with consistently high readings need to see a family physician or pediatrician. Your doctor will want to discuss your child's other risk factors for adult heart disease.

Family history of high cholesterol or early heart disease is especially important, says Peter Kwiterovich, M.D., professor of pediatrics at Johns Hopkins University. "If we have a biological connection, then it's more reasonable to suspect the high number means something," he says.

Children who are overweight, smoke, or have high blood pressure also are more likely to develop later problems.

Children at greatest risk—either because of cholesterol levels or family history of heart disease—should have a second, more sophisticated blood test called lipoprotein analysis. The test will measure low-density lipoprotein (LDL), the "bad" cholesterol that deposits cholesterol in arteries. High LDL-cholesterol levels in adults are strong predictors of heart attack.

The test will also reveal levels of high-density lipoprotein (HDL), commonly called "good" cholesterol because it ferries excess cholesterol back to the liver for elimination. Some kids—an estimated 15 percent—with high total cholesterol have an unusually large amount of good HDL, which raises their total, says Dr. Belamarich. In this case, the total cholesterol may not be as risky as it looks and might not require dietary changes.

What if LDL-cholesterol is too high? Don't panic, says Dr. Belamarich. "Most kids are healthy and in no immediate danger," he reassures parents. "Don't scare your child or label him as having a disease when he's not even sick."

Explain to your child that your family can stay healthier by changing its eating habits and lifestyle. Emphasize that changes will be moderate.

Most important, pay attention to saturated fat, which is the chief culprit in raising blood cholesterol. Saturated fats are prominent in animal fats like butter, whole milk, and meat; coconut and palm oil are also highly saturated.

Because meat and dairy products provide important nutrients, you shouldn't eliminate them from your family's diet, notes Dr. Kwiterovich.

Instead of banning meat, which is rich in protein, iron, and zinc, choose lean cuts of meat, trim the fat you can see, and emphasize chicken (without the skin) and fish in your main meals.

Serve dairy products, which are rich in protein, calcium, and vitamins A and D, but encourage your children to try low-fat and nonfat varieties.

Use polyunsaturated and monounsaturated fats, such as corn oil, olive oil, and safflower oil, instead of butter and lard.

Egg yolks are rich in cholesterol

and should be limited to three per week, but egg whites contain no cholesterol and can be used freely.

Fruits, vegetables, and whole grains are good sources of complex carbohydrates. Soluble fiber, found in oat bran, beans, cereals, fruits, and vegetables, can lower cholesterol.

Make changes gradually, otherwise you'll be facing pitched battles with your kids. Instead of switching overnight from whole milk to skim milk, for example, try weaning them first with 2 percent, then 1 percent.

Don't go overboard, says Ellyn Satter, R.D., author of *How to Get Your Kid to Eat . . . But Not Too Much* (Bull Pub.). "Kids need some fat in foods because it carries the flavor and makes things taste good," she says, adding that kids without high cholesterol don't need restrictive diets.

Dr. Belamarich agrees that it's not necessary to outlaw favorite foods if you place sensible limits on them. Stock up on low-fat snacks like gingersnaps, pretzels, and frozen juice bars. Save high-fat treats like candy bars, ice cream, and cake for special occasions or have them once a week instead of once a day, he says. "The vast majority of kids can eat ice cream at a birthday party."

"Most kids are healthy and in no immediate danger. Don't scare your child or label him as having a disease when he's not even sick."

However, those kids who fail to lower their blood cholesterol through dietary means are advised to try an even more restrictive low-fat, low-cholesterol diet, under the supervision of nutrition specialists.

A very small percentage of kids have sky-high cholesterol levels of 400 mg. or more. These children, who are at very high risk for developing heart disease in adulthood, may ultimately warrant drug therapy.

The most common medications used to treat high cholesterol in childhood are cholestyramine and cholestipol, two drugs that draw cholesterol out of the intestine. Although these drugs seem safe, they taste bad and can cause gassiness and constipation. Some experts fear that the drugs may drain away vitamins and minerals.

Drug treatment is reserved for children with serious inherited problems or those who after lengthy dietary therapy still have an excessively high cholesterol level. The AAP recommends that drugs be limited to children with cholesterol levels above 200 mg/dl and only if a child fails to respond to diet therapy after six months.

Many doctors are even more conservative. Dr. Belamarich says he typically considers initiating treatment only after a child has undergone one year of a supervised very low-fat diet and has an LDL-cholesterol level in the top rank. Generally, he waits to start treatment until boys are approximately 10 years of age and until puberty is well established for girls.



YOUR DOCTOR'S ADVICE NEVER TASTED BETTER.

Now you can enjoy all the great tastes of eggs with zero cholesterol.

Egg Beaters® is a 99% real egg product, with zero cholesterol and zero saturated fat. So you can continue to enjoy the great flavor of eggs in a wide variety of combinations—omelettes, cakes, even hollandaise sauce—and still maintain a healthy, cholesterol-lowering diet. Because if you have some favorite egg recipes, you have some favorite Egg Beaters recipes. You just have them without the cholesterol, without the fat, and with two-thirds fewer calories than regular eggs.

And now there's an exciting Egg Beaters Vegetable Omelette Mix (with red and green peppers, mushrooms, onions, and potatoes), to join our other delicious varieties—Original Egg Beaters and Egg Beaters with Cheez. Egg Beaters are more than a substitute for eggs, they're an improvement. So, if you love the taste of eggs, Egg Beaters is just what the doctor ordered.

Egg Beaters.® The healthier egg.

40¢

MANUFACTURER COUPON | DECEMBER 31, 1990

Try Egg Beaters® Vegetable Omelette Mix, Egg Beaters® or Egg Beaters® with Cheez from Fleischmann's.®

RETAILER: One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/20¢. NABISCO BRANDS, INC., reimburses you for the face value plus handling, if submitted in compliance with NABISCO's Coupon Redemption Policy. For free copy and/or coupon redemption, send to: NABISCO BRANDS, INC., CMS, Dept. 12130, 1 Fawcett Drive, Del Rio, TX 78840.

In the breakfast-freezer section.

904002

5 29000 46040 4

© Nabisco Brands, Inc. 1989

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



ILLUSTRATIONS: STEVE BJÖRKMAN

New asthma treatment is clearly better.

NEW THINKING ON MILD ASTHMA

Helping sufferers breathe easier

Patients with mild asthma benefit from treatment with a drug usually reserved for more severe cases. That's the conclusion of lung experts attending a recent conference in Boston.

Asthma narrows the airways in the lungs, making breathing difficult or impossible. Many sufferers, however, have only mild breathing woes most of the time. They may use drugs—usually a so-called beta-agonist—only when their asthma flares up.

Dr. Paul O'Byrne of McMaster University in Hamilton, Ontario, would like to see these patients taking a more powerful drug on a daily basis. His eight-month study of mildly asthmatic patients points to the benefits of inhaled steroids (these are not the dangerous muscle-builders). Patients taking daily doses of the steroids found that their asthma was so well controlled that they had no need for the beta-agonist medications. What's more, the patients preferred the steroids to the older-style treatment.

The new treatment isn't for everyone, though. Those with extremely mild cases will see no benefit, Dr. O'Byrne says. And patients currently taking oral steroids for their asthma may see a worsening of symptoms when they switch to the inhaled type.

ACNE WOES DON'T COMPUTE

VDTs cleared of charges

Video display terminals (VDTs) have been accused of causing a variety of health woes. Several studies even linked the machines to an acnelike rash. A new, large-scale investigation labels the acne charge, well, rash.

Mats Berg, M.D., a dermatologist at Karolinska Hospital in Stockholm, Sweden, studied 3,877 randomly selected office workers. Study participants were rated along two scales. The first measured the presence and severity of skin problems on the face. The second scale measured each worker's exposure to VDTs. If there were a connection between the computer terminals and skin problems, you would expect to see the occurrence of rashes rise with the length of time spent at the terminal. In fact, the study, published in the Journal of the American Academy of Dermatology, failed to show a connection between the VDT use and facial skin rashes.

Whew!

WASHING AWAY CAT ALLERGIES

Monthly baths can help

Cat owners who sneeze at the sight of their pets may find help in the bathtub. Researchers at Washington University School of Medicine in St. Louis found that a cat who is bathed once a month is less likely to provoke allergy attacks in humans.

Allergist H. James Wedner, M.D., and his coworkers started out testing the ability of several drugs to reduce Fel D1 in cats. Fel D1 is the major cause of a person's allergic reactions to cats. Giving the cats the medications didn't work, but monthly 10-minute soaks of the cats in lukewarm distilled water did. It takes several washings for the effect to take hold, so relief isn't instantaneous, say the researchers.

Wedner recommends talking to a vet about washing procedures. Soap or shampoo isn't needed, he says. The researchers achieved results using just clean water. If you do decide to use a shampoo, remember that cats are sensitive to many chemicals, so it's important to select a product that won't injure the animal. A vet can also explain ways to get your cat used to a dip in the tub, a difficult trick with older cats, but a fairly simple process with kittens.



Depending on the severity of your allergies, a monthly cat bath may be an effective and inexpensive way to reduce your need for medication.

continued on page 48

Convenient! Moist!





ALSO TRY NEW BANANA NUT FLAVOR

Hostess®

GUARANTEED!

We guarantee that you'll love Hostess® Original and Banana Nut Oat Bran Muffins in the handy snack pack, so try them today! If you don't think they're the most delicious and convenient oat bran muffins you've ever tasted, we'll send you a full refund (up to 89¢). Simply send your name and address (please print), along with a Hostess® Oat Bran Muffins Snack Pack proof of purchase (UPC symbol) and cash register receipt with the price circled. Be sure to ask for either your money back (up to 89¢) or four 30¢ coupons good toward your next purchases. Mail to Hostess® Oat Bran Muffins Taste Guarantee-B2 14, P.O. Box 14963, Mascoutah, IL 62224 by March 31, 1991.

©1990, Continental Baking Company

30¢ MANUFACTURER'S COUPON EXPIRATION DATE: 3/31/91 30¢



SAVE 30¢

on your next purchase of Hostess®
Oat Bran Muffins Snack or Multi-Pack
Original or Banana Nut Variety

CONSUMER: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax. DEALER OR AUTHORIZED CLEARING HOUSE: You will be reimbursed for face value plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to: Continental Baking Company, P.O. Box 12001, Mascoutah, IL 62224. Failure to comply with these terms, the submission by an unauthorized party, or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in USA, APO's, FPO's. Cash redemption value 1/20¢

5 45000 40030 1

C216 ©1990, Continental Baking Company

continued from page 46



CHANGE A BATTERY, SAVE A LIFE

Smoke detector reminder

Approximately half of the smoke detectors in American homes have dead (or no) batteries, according to two fire safety organizations. The International Association of Fire Chiefs and the American Burn Association are urging homeowners to make installing fresh batteries an annual ritual by tying the activity to the end of daylight savings time. "Change your clock, change your battery" is the theme of the campaign, which is underwritten by the Eveready Battery Company. This year, daylight savings ends October 28th.

According to Jim Estepp, president of the fire chiefs' association, having a working smoke detector in your home doubles your chances of surviving a fire. After a dramatic drop in fire deaths following the introduction of home smoke detectors during the early 1980s, fatalities are rising. Experts attribute at least part of the rise to poor maintenance of the devices.

MOTHERS-TO-BE: SEE YOUR DENTIST!

Neglect can cost you

Pregnancy takes a toll on the dental health of many women. Between 60 and 70 percent of all pregnant women show early signs of gum disease, reports Ludwig Leibsohn, D.D.S, a representative of the Academy of General Dentistry. Many of these women mistakenly assume that these symptoms will simply fade away after they have given birth, says Dr. Leibsohn.

Swollen, red, and bleeding gums are common during this period. Ignoring this so-called pregnancy gingivitis is a mistake. Once gum disease starts, it can be difficult to eradicate, Dr. Leibsohn warns.

Women who suffer repeated bouts of morning sickness need to take special precautions. Regurgitated stomach acids break down tooth enamel. To minimize damage, Dr. Leibsohn suggests a mouth rinse of baking soda and water, followed by a brushing with a fluoride-containing toothpaste.

PREMENSTRUAL Rx NIXED

Progesterone treatment called ineffective

Bad news for women who suffer with premenstrual syndrome (PMS): The most popular treatment doesn't work, according to a new study headed by Ellen Freeman, Ph.D., of the University of Pennsylvania School of Medicine. Researchers found that progesterone treatment did no more than a placebo.

PMS symptoms—mood swings and a host of physical ailments—affect seven million American women. See your doctor if you are taking progesterone. Another form of treatment may work better for you.

TOO MUCH OF A GOOD THING

Older women and exercise

Exercise helps women maintain strong bones. But a new study warns that plugging away for more than five hours a week may actually have the opposite effect. Beat Michel, M.D., a Stanford University joint specialist, made the finding in a small study of women aged 50 and up.

The bones of women typically become weaker as they age. Calcium, the building block of the skeleton, leaches from bones faster than the body can replace it. Estrogen deficiency, caused by menopause or surgical removal of the ovaries, speeds the process. (Men's bones show much smaller declines as they age.) If the weakening



process is marked, brittle bone disease—osteoporosis—results. The weakened bones fracture easily, particularly in the spinal column, leaving the sufferer permanently stooped and humpbacked.

Dr. Michel found that women who exercised up to five hours a week did have denser backbones. But women who worked out longer had bones as weak as nonexercisers. The researcher notes that it takes only about 30 minutes a week of weight-bearing exercise (walking or weightlifting, for example) to increase bone strength. Goodheart health takes about one half hour of vigorous exercise 3 to 4 times a week. Going beyond these recommendations won't endanger most women. But if you are prone to osteoporosis—fair-skinned and lightly built—limit your hardest exercise routines to less than five hours weekly.



CALL OF THE WILD.

When the two of you got married, there were conditions you had to accept. Her Serta® Perfect Sleeper® was one, and her dog was another.

Of course, the Serta was no problem. She said she was spoiled for sleeping any other way, and now you couldn't agree more.

Albert the dog, well, that's another story. There's something about those two you can't understand. Like the way she calls to talk to Albert when she's out of town. Just what are they talking about, anyway?

So even if you're not totally together on Albert yet, at least you agree on your Serta.

It's the most comfortable spot in the house. And isn't that the way it should be?

No wonder people are saying: "I Want My Serta!"



PERFECT SLEEPER®
mattresses

©Serta, Inc., 1990

FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



Couples are more likely to keep their exercise commitments.

SPOUSAL SUPPORT

Exercise buddies keep their vows

A his-and-her approach can help couples stay married to an exercise program.

So says an Indiana University study of married men and women, some who joined a 1½-hour evening adult fitness program without spouses and some who joined with them.

After one year those who were sans spouse had attended about half of the three-days-a-week sessions. But the with-spouse group made 60 percent of the sessions. Only 10 percent of the couples quit versus 40 percent of women without a spouse and 22 percent of men without a spouse.

These results can apply to unmarried exercisers, too. You and friends or family members who exercise can encourage and support one another the same way that spouses do, explains Janet P. Wallace, Ph.D.

Wallace notes that no matter how hard fitness experts pound home the pluses of exercise, only 15 percent of the nation exercise enough to achieve health benefits. Enough, she says, means burning about 2,000 calories a week, which usually works out to four 45-minute vigorous workouts a week.

"We may see a lot of people out exercising, but it could be because it's just a sunny day," says Wallace.

MORNING GLORY

Early-bird exercisers stick to it better

If you're an up-and-at-'em a.m. exerciser, chances are you'll adhere to a fitness program better than your p.m. counterparts.

A 23-month study of 263 cardiac rehabilitation patients at William Beaumont Hospital in Royal Oak, Michigan, found that morning (6:30–8:30) exercisers made 68 percent of sessions, versus 60 percent for the afternoon (4–6) group. In the a.m. group, 58 percent quit, versus 63 percent in the p.m. group.

"Things come up in the day, and many people put off exercise," says Pamela Reed, R.N. "After work they may be exhausted and just want to put their feet up."

This study won't sway those who find exercise to be an afternoon delight, but if you're starting to exercise, choose a time that will help you stay loyal to a program.

EXERCISE AND SEX

Does one enhance the other?

Gearing up for exercise may be easier after you read the results of a new survey.

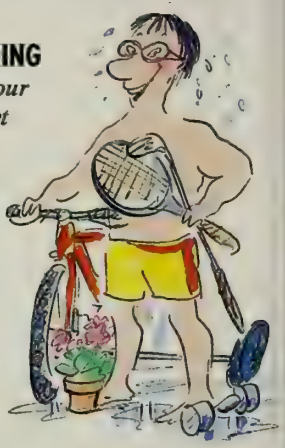
Some 8,000 women, ages 18 to 45, were asked about how exercise affected their sexuality. Eighty-three percent said they had done aerobic exercise three-plus times a week for at least three months; 25 percent of the regular exercisers said they felt increased sexual desire after exercising; 40 percent reported they had an increased ability to be aroused; and 25 percent admitted that exercise did in fact increase their ability to climax.

Several factors seem to be at play here. Activities like aerobic dance usually include sexy apparel. Many women lost weight by exercising, which helped them feel better about their looks. And exercise has been shown to boost self-confidence, which is a factor in sexuality.

While moderate aerobic exercise seemed to make sex better for many women, more exercise can make sex worse. "You have to be careful about that," says Linda De Villers, the psychologist in West Los Angeles, California, who did the survey. "If it becomes an obsessive kind of exercise, then it's almost as if it's a substitute for sex."

CROSS-TRAINING

Spicing up your exercise diet



Fitness tends to hit below the belt. Our legs love it as we run or bike, while the rest of our body withers.

Cross-training—doing more than one activity regularly—says "whoa" to the withering. Such full-bodied fitness minimizes the monotony and injuries that may come with repeating the same old exercise.

continued on page 52

When your potassium comes with dairy calcium, you don't need a bunch.



An 8-ounce glass of milk has about as much potassium as the average banana. And an 8-ounce cup of yogurt has even more. Dairy foods can be an excellent source of potassium. And just about every other essential nutrient as well. Including, of course, calcium.

Milk and yogurt, like all dairy foods, also come in a variety of lower fat alternatives. So build your family's diet on a firm foundation of dairy foods. It's the perfect way to avoid nutritional slip-ups.

REAL®

Dairy Foods. The Basics of Good Nutrition.

©1990 N.D.B.
National Dairy Board
America's Dairy Farmers

continued from page 50

Doing two-plus activities requires planning to prevent overexertion. Choose activities you *really* like, versus ones you've been told you'll like. Keep your whole body in mind. Don't overlook pastimes and team or social sports. Gardening or golf, for example, offers health benefits as well as relaxing, change-of-pace lures that can keep you hooked on exercise.

To plan a cross-training week, do aerobic activities (walk, bike) at least three times a week, and strength activities (weight training, rowing) at least twice. Rest at least one day. On double-up days, do activities using different muscles (try biking then swimming, for example).

Such planning may put you off, but a flagging fitness program often needs structure. "Cross-training helps with that; it's a systematic approach to whole-body training," says Tim More of Exercise Science, Inc., in Greenbelt, Maryland. "It gives you some needed variety, while helping you achieve your fitness goals."

STREET SMARTS

Safety tips for runners

Crimes against joggers, such as rape, are rare, but not rare enough. That's why the Road Runners Club of America is working hard to prevent such realities from catching up with runners.

Here are several tips for running safety, prepared by the RRCA.

- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include medical information.
- Don't wear jewelry.
- Carry change for phoning. Call police immediately if something happens, or if you suspect danger.
- Run with a partner.
- Leave word of where you plan to run. Share favorite running routes with family and friends.
- Run in familiar areas, and alter your route regularly. In unfamiliar areas contact running stores or police for safety tips. Check where phones are located and which stores are open at the times you run.
- Stay alert to dangerous situations. Avoid unpopulated areas, deserted streets, overgrown trails, poorly lighted areas, parked cars, and bushes.
- Don't wear headphones. Use your hearing to tune into your setting.
- Ignore verbal harassment. Look directly at strangers, but keep your distance and keep moving.
- Run against traffic to see oncoming autos, and wear reflective material if you run before dawn or after dark.
- Carry a whistle.
- Respect your intuition. If a person or area feels unsafe, honor that feeling and run away from trouble.

To obtain a free copy of the above running safety tips, send a SASE (business size) to RRCA, 629 S. Washington St., Alexandria, VA 22314.

HELP FOR BLISTERED FEET

Antiperspirants quell the bubbles

If you have an ongoing battle with foot blisters, try an antiperspirant. Sweat buildup dropped 50 percent with special foot antiperspirants,

A Quaker Chewy® Granola Bar has 1/3 less sugar,



© 1990 The Quaker Oats Company

says a study at the U.S. Army Institute of Environmental Medicine in Natick, Massachusetts. Sweat softens skin and causes socks to bunch and rub, leading to blisters.

Army antiperspirants aren't in stores yet, but drugstore products will do, provided they don't cause a skin reaction, says Katy Reynolds, M.D. Ask a doctor before treating your feet.

Antiperspirants aren't the only way to protect your feet. Buy shoes that fit and wear acrylic or wool socks that soak up sweat from the skin. Wear two pair of socks so that the rub is between socks, not between socks and skin. And change socks often.



THE FINAL FEED

Factors in a pregame meal

Most exercisers fuel up for a big event: a 10K, a swim meet, or a bike race. How do we eat so that the food enhances, rather than hampers, our performance? Try digesting this advice:

- Don't skip the pregame meal. True, this meal makes up only a small part of energy needs for the event, because stored glycogen provides most of the energy. But this meal prevents hunger pains and sensations of weakness.
- Eat a high-carbohydrate meal well before starting time. You must allow time for the stomach to empty, and carbohydrates empty faster than fats and proteins and provide energy more quickly. You can eat a 300-calorie meal as late as one hour before starting time. If you have more advance time, you can eat more.
- Make sure your high-carbohydrate pregame meal is low in fiber. You don't want to stimulate the bowels during a big race. Eat high-fiber foods the day before your event so you can go to the bathroom before start time.
- Don't stew about eating the perfect pregame meal. Many triumphant athletes eat strange food before an event simply because of superstitions. "Food isn't everything," says Ellen Coleman, a registered dietitian and author of *Eating For Endurance*. "Training and genetics count for a great deal. However, your belief that a certain food will help can have a positive effect on performance, especially if the food is high in carbohydrates."

—By free-lance writer Gary Legwold, a frequent contributor to these pages who does his exercising in Minneapolis.

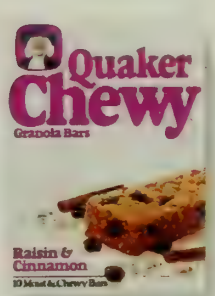
which makes that candy seem a little less dandy.



Enlarged illustration

Compared to the five leading chocolate candies, an average Quaker Chewy Granola Bar has, ounce for ounce, 1/3 less sugar and 1/3 less fat. And it comes in eight delicious, wholesome varieties your kids will love, like Raisin & Cinnamon, Peanut Butter, and Strawberry. So bag a better lunch with Quaker Chewy. Because all that sweet stuff isn't quite such neat stuff.

Know the facts about snacks.
Choose Quaker Chewy.®



YOU CAN MAKE UP TO

$9,800 in 24 Hours!

Dear Friend,

I made $9,800 in 24 hours. You may do better!

My name is John Wright. Not too long ago I was flat broke. I was $31,000 in debt. The bank repossessed my car because I couldn't keep up with the payments. And one day the landlord gave me an eviction notice because I hadn't paid the rent for three months. So we had to move out. My family and I stayed at my cousin's place for the rest of that month before I could manage to get another apartment. That was very embarrassing.

Things have changed now. I own four homes in Southern California. The one I'm living in now in Beverly Hills is worth more than one million dollars. I own several cars, among them a brand new Mercedes and a brand new Cadillac. Right now, I have a million dollar line of credit with the banks and have certificates of deposit at $100,000 each in my bank in Beverly Hills.

Best of all, I have time to have fun. To be me. To do what I want. I work about 4 hours a day, the rest of the day, I do things that please me. Some days I go swimming and sailing — shopping. Other days, I play racquetball or tennis. Sometimes, frankly, I just lie out under the sun with a good book. I love to take long vacations. I just got back from a two week vacation from — Maui, Hawaii.

I'm not really trying to impress you with my wealth. All I'm trying to do here is to prove to you that if it wasn't because of that money secret I was lucky enough to find that day, I still would have been poor or may be even bankrupt. It was only through this amazing money secret that I could pull myself out of debt and become wealthy. Who knows what would have happened to my family and me.

Knowing about this secret changed my life completely. It brought me wealth, happiness, and most important of all — peace of mind. This secret will change your life, too! It will give you everything you need and will solve all your money problems. Of course you don't have to take my word for it. You can try it for yourself. To see that you try this secret, I'm willing to give you $20.00 in cash. (I'm giving my address at the bottom of this page.) I figure, if I spend $20.00, I get your attention. And you will prove it to yourself this amazing money secret will work for you, too!

Why, you may ask, am I willing to share this secret with you? To make money? Hardly. First, I already have all the money and possessions I'll ever need. Second, my secret does not involve any sort of competition whatsoever. Third, nothing is more satisfying to me than sharing my secret only with those who realize a golden opportunity and get on it quickly.

This secret is incredibly simple. Anyone can use it. You can get started with practically no money at all and the risk is almost zero. You don't need special training or even a high school education. It doesn't matter how young or old you are and it will work for you at home or even while you are on vacation.

Let me tell you more about this fascinating money making secret:

With this secret the money can roll in fast. In some cases you may be able to cash in literally overnight. If you can follow simple instructions you can get started in a single afternoon and it is possible to have spendable money in your hands the very next morning. In fact, this just might be the fastest *legal* way to make money that has ever been invented!

This is a very safe way to get extra cash. It is practically risk free. It is not a dangerous gamble. Everything you do has already been tested and you can get started for less money than most people spend for a night on the town.

One of the nicest things about this whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It doesn't matter where you live either. You can use this secret to make money if you live in a big city or on a farm or anywhere in between. A husband and wife team from New York used my secret, worked at home in their spare time, and made $45,000 *in one year.*

This secret is simple. It would be hard to make a mistake if you tried. You don't need a college degree or even a high school education. All you need is a little common sense and the ability to follow simple, easy, step-by-step instructions. I personally know a man from New England who used this secret and made $2 million *in just 3 years.*

You can use this secret to make money no matter how old or how young you may be. There is no physical labor involved and everything is so easy it can be done whether you're a teenager or 90 years old. I know one woman who is over 65 and *is making all the money she needs* with this secret.

When you use this secret to make money you never have to try to convince anybody of anything. This has nothing to do with door-to-door selling, telephone solicitation, real estate or anything else that involves personal contact.

Everything about this idea is perfectly legal and honest. You will be proud of what you are doing and you will be providing a very valuable service.

It will only take you two hours to learn how to use this secret. After that everything is almost automatic. After you get started you can probably do everything that is necessary in three hours per week.

Here's what newspapers and magazines are saying about this incredible secret:

The Washington Times:
The Royal Road to Riches is paved with golden tips.

National Examiner:
John Wright has an excellent guide for achieving wealth in your spare time.

Income Opportunities:
The Royal Road to Riches is an invaluable guide for finding success in your own back yard.

News Tribune:
Wright's material is a MUST for anyone who contemplates making it as an independent entrepreneur.

Success!
John Wright believes in success, pure and simple.

Money Making Opportunities:
John Wright has a rare gift for helping people with no experience make lots of money. He's made many people wealthy.

California Political Week:
. . . The politics of high finance made easy.

The Tolucan:
You'll love . . . *The Royal Road to Riches.* It's filled with valuable information . . . only wish I'd known about it years ago!

Hollywood Citizen News:
He does more than give general ideas. He gives people a detailed A to Z plan to make big money.

The Desert Sun:
Wright's *Royal Road to Riches* lives up to its title in offering an uncomplicated path to financial success.

PROOF

I know you are skeptical. That simply shows your good business sense. Well, here is proof from people who have put this amazing secret into use and have gotten all the money they ever desired. Their initials have been used in order to protect their privacy, but I have full information and the actual proof of their success in my files.

'More Money Than I Ever Dreamed'
"All I can say — your plan is *great!* In just 8 weeks, I took in over $100,000. More money than I ever dreamed of making. At this rate, I honestly believe, I can make over a million dollars per year."
A. F., Providence, R.I.

'$9,800 In 24 Hours!'
"I didn't believe it when you said the secret could produce money the *next morning.* Boy, was I wrong, and you were right! I purchased your *Royal Road to Riches.* On the basis of your advice, $9,800 poured in, in less than 24 hours! John, your secret is incredible!"
J. K., Laguna Hills, CA

'Made $15,000 In 2 Months At 22'
"I was able to earn over $15,000 with your plan — in just the past two months. As a 22 year old girl, I never thought that I'd ever be able to make as much money, as fast as I've been able to do. I really do wish to thank you, with all of my heart."
Ms. E. L., Los Angeles, CA

'Made $126,000 In 3 Months'
"For years, I passed up all the plans that promised to make me rich. Probably I am lucky I did — but I am even more lucky that I took the time to send for your material. It changed my whole life. Thanks to you, I made $126,000 in 3 months."
S. W., Plainfield, IN

'Made $203,000 In 8 Months'
"I never believed those success stories. . . never believed I would be one of them. . . using your techniques, in just 8 months, I made over $203,000. . . made over $20,000 more in the last 22 days! Not just well prepared, but simple, easy, fast. . . John, thank you for your *Royal Road to Riches!*"
C. M., Los Angeles, CA

'$500,000 In Six Months'
"I'm amazed at my success! By using your secret I made $500,000 in six months. That's more than twenty times what I've made in any single year before! I've never made so much money in such short time with minimum effort. My whole life I was waiting for this amazing miracle! Thank you, John Wright."
R. S., Mclean, VA

As you can tell by now I have come across something pretty good. I believe I have discovered the sweetest little money-making secret you could ever imagine. Remember — I guarantee it.

Most of the time, it takes big money to make money. This is an exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast and as far as you wish. The size of your profits is totally up to you. I can't guarantee how much you will make with this secret but I can tell you this — so far this amazing money producing secret makes the profits from most other ideas look like peanuts!

Now at last, I've completely explained this remarkable secret in a special money making plan. I call it "The Royal Road to Riches". Some call it a miracle. You'll probably call it "The Secret of Riches". You will learn everything you need to know step-by-step. So you too can put this amazing money making secret to work for you and make all the money you need.

To prove this secret will solve all your money problems, don't send me any money, *instead postdate* your check for a month and a half from today. I guarantee not to deposit it for 45 days. I won't cash your check for 45 days before I know for sure that you are completely satisfied with my material.

$20.00 FREE!

There is no way you can lose. You either solve all your money problems with this secret (in just 30 days) or you get your money back *plus* $20.00 *in cash* **FREE!**

Do you realize what this means? You can put my simple secret into use. Be able to solve all your money problems. And if for any reason whatsoever you are not 100% satisfied after using the secret for 30 days, you may return my material. And then I will not only return your original UNCASHED CHECK, but I will also send you an *extra $20.00 cashiers check* just for giving the secret an honest try according to the simple instructions.

I GUARANTEE IT! With my unconditional guarantee, there is absolutely NO RISK ON YOUR PART.

To order, simply write your name and address on a piece of paper. Enclose your postdated check or money order for $12.95 and send it to:

JOHN WRIGHT
Dept. 141
3340 Ocean Park Blvd.
Suite 3065
Santa Monica, CA 90405

But the supply of my material is limited. So send in your order now while the supply lasts.

If you wish to charge it to your Visa or MasterCard — be sure to include your account number and expiration date. That's all there is to it. I'll send you my material right away by return mail, along with our unconditional guarantee.

SWORN STATEMENT:

"As Mr. John Wright's accountant, I certify that his assets exceed one million dollars."
Mark Davis

© 1990 JOHN WRIGHT

Jessica

by Connie Walser Derek



Shown smaller than actual size of 19" tall

The Hamilton Collection


It was her favorite party dress.
It still is.
Can your detergent get out a tough chocolate pudding stain? Liquid Tide can.
Tide
If it's got to be clean, it's got to be Tide.
Gamble Company

By Sandra S. Soria

It happens to the best of us. We're in a new city, a great flea market, a foreign land (that we know we'll never see again), when there it is—an object of desire. "What am I going to do with another . . . (fill the blank)," you ask, weakening. "It could make a great gift, or fill the blank speck on my shelves." And so, for altruistic reasons, you adopt the forlorn item and lovingly tote it home.



A COLLECTOR'S PASSION

HOW TO LIVE WITH THE THINGS YOU LOVE



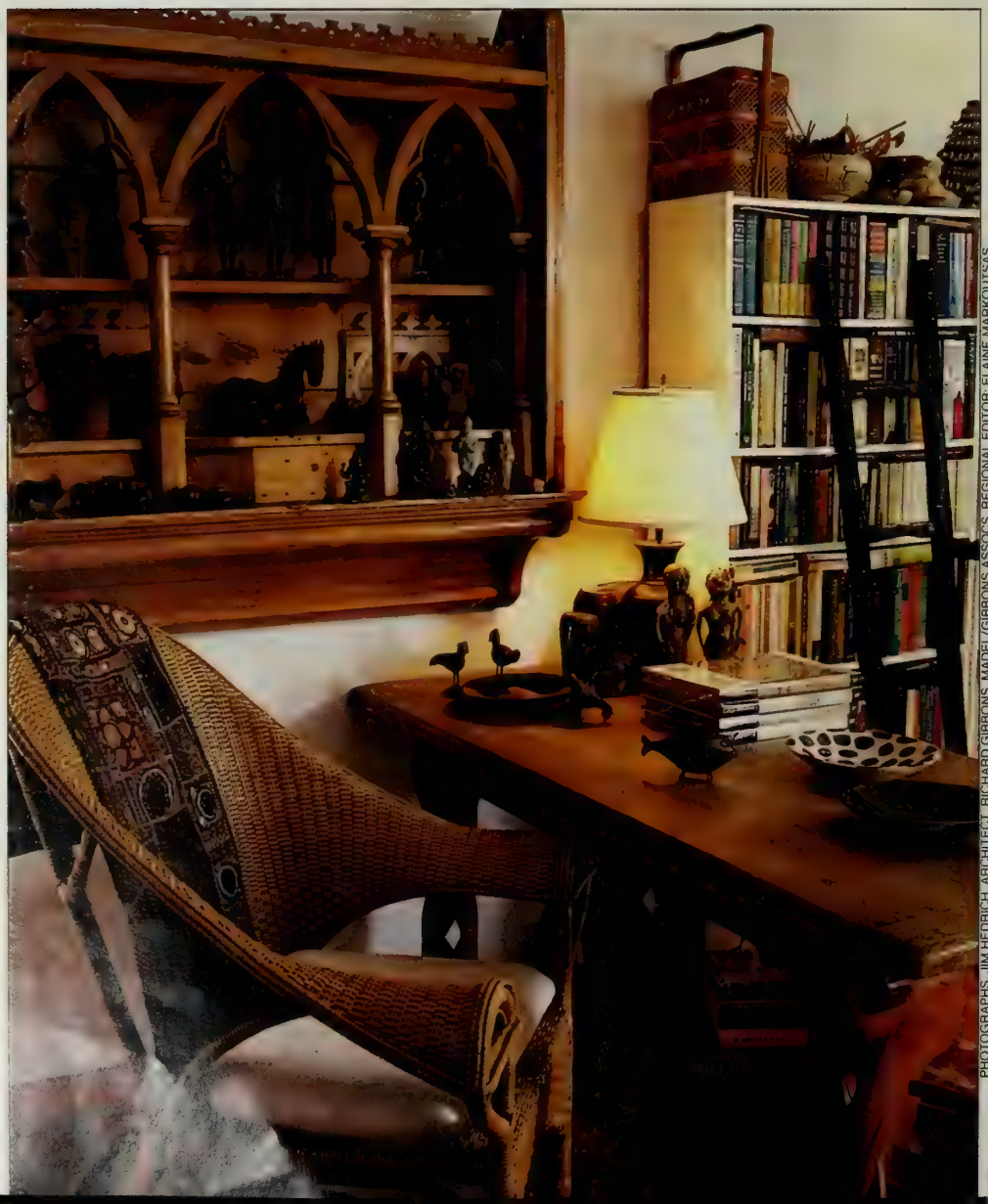
A passion for collecting is tough to resist. And why should you? Adorning rooms with things you adore turns a house into a home, builds its character. Still, as with anything that makes life enjoyable, there's danger in excess. Who wants to live amid a clamor of clutter? Rest easy, here's how to live peaceably with the things you love.

Collector Susan Lipman (*left*) has planned carefully so there's always room in her Chicago home for one more "friend." Wall-to-wall shelves, a host of display cases, and scattered tabletops all stand ready to shelter her latest adoptees. The hardworking furnishings make order out of collectible chaos, and put Susan's loves (and life) proudly on parade. "I'm surrounded by things I've picked up that mean a lot to me," says Susan, who is executive director of Chamber Music Chicago. "They comfort me, and give my home a warm feeling."

Furnished with things she's found along the way in travels—including African masks, a Mexican sofa, and Indonesian textiles—Susan's home is a cross-cultural affair. Despite their disparate origins, the adopted objects blend easily into one big happy family. The ties that bind? Common character traits, such as earthy colors, rough and ready textures, and ethnic energy. Mostly, though, these collections are bound by the curator's heartstrings. "I don't follow strict design rules," says Susan. "There's an overall sense of what belongs. I put what I like together, and, voilà, it works for me."

"MY THINGS COMFORT ME, WARM MY HOME."

Susan Lipman has been raking in books since age 9, when she joined book clubs under assumed names to get more freebies.



More than a roundup of things, the best collections compose a one-of-a-kind collage that reveals our lives and loves. Susan's collections greet her warmly, like old friends. "When I step into this room after work each night," she says, "I smile."

PHOTOGRAPHS JIM HEDRICH ARCHITECT RICHARD GIBBONS, MADEL/GIBBONS ASSOCS. REGIONAL EDITOR: ELAINE MARKOUTSAS





There's nothing formal about this dining room. Friendly gatherings, from mismatched chairs to well-thumbed cookbooks, welcome guests with open charms. The relaxed attitude they share helps the elements get along visually.



To personalize a place, display heartfelt interests like an open book. Nothing expresses you like books and art—two loves that line Susan's walls.

HOW TO LIVE WITH COLLECTIONS

- **Choose items that say something to you—or about you. If you limit displays to things you love, chances are that even unlikely mixes will make a match.**
- **Group items for impact. Scattered objects get lost in space; instead, huddle your loved ones on a table, a shelf, or in a corner for visual strength in numbers.**
- **Unify a gathering with items similar in mood, style, or color. Susan's garden of earthy delights is bound by natural hues and textures.**
- **Keep backgrounds simple, like a gallery, to prevent eye overload. White walls and neutral floors "air out" a lot of objects, giving them room to breathe on their own.**
- **Arrange eye-pleasing displays. In a grouping, place taller objects in back, smaller objects in front, then stagger heights slightly in between. Draw attention to mini items by framing them with a tray or fabric.**
- **Know when to stop. Collections become clutter when your eye can't pick out any one object to rest on.**

The best collections have connections, not only to our memories, but to the way we live now. The objects of Susan's affections aren't touch-me-nots, trapped forever behind glass. Her pieces move about freely for an interesting change of place, or they leap into action. For instance, the Spanish *paella* bowls now resting on the dining table (*left*) serve snacks when guests arrive.

Want to start a collection or show what you have to its advantage? Think about your life's little pleasures—closeted keepsakes to modern-day romances—and compose them into a family portrait. Use your tables, walls, and home as the perfect frame.



GENESIS®

Carpet Certified by Amoco

The ultimate stain and fade resistance.

A LIMITED WARRANTY TO CUS
★ Good Housekeep
PROMISES
REPLACEMENT OR REFUND IF D
THIS GENESIS™ CARPET IS M
AMOCO POLYPROPYLENE (OL
FIBER WHICH HAS EARNED TH

Look for GENESIS Carpe
have earned the Good Housekeep

® Certification mark used to designate residential carpet which adheres to the quality specifications of Amoco Fabrics and Fibers Company.

Because you love color!

Imagine a carpet made for the love of color. Color that won't be lost to any stain...or to the fading rays of the sun.

GENESIS® Carpet certified by Amoco resists every stain imaginable—hair dye, hot coffee, lipstick—stains other stain-resistant carpets can't. Not even bleach and acne medicine can fade the beauty of GENESIS. That's backed by the PermaColor™ Warranty. Ask your dealer for details.



Stain after 60 seconds. Cleaned after 24 hours.

Call **1-800-5-GENESIS** for a free sample to test at home. Then visit a GENESIS dealer to see the carpet made for your love of color.

PermaColor BY AMOCO

FIVE YEAR STAIN AND FADE RESISTANCE LIMITED WARRANTY

AMOCO

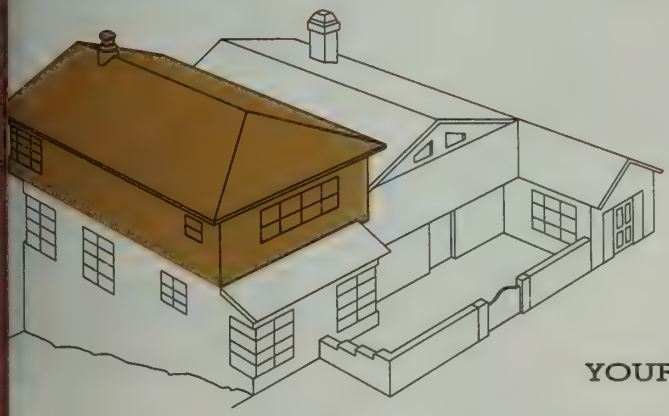
ILLUSTRATIONS BY MIKE PENNY

RF-70-B-1-90 © Copyright 1990 Amoco Fabrics and Fibers Company

Amoco Fabrics and Fibers Compa

ADDING UP

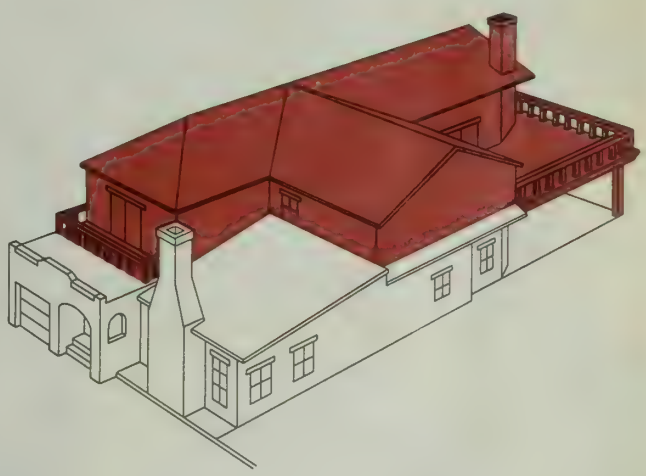
2ND-STORY ADDITIONS



BY TOM JACKSON

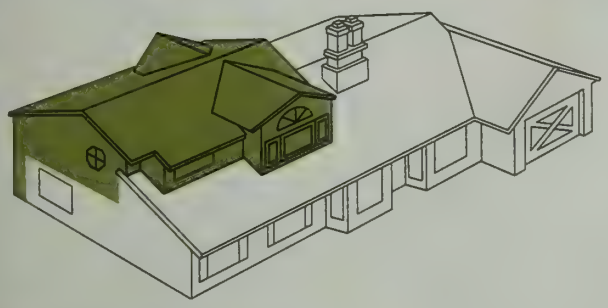
YOU LIKE YOUR NEIGHBORHOOD, THE SCHOOLS AND FRIENDS, AND YOU WANT TO STAY PUT. BUT YOUR HOME IS ABOUT TO BURST AT THE SEAMS, AND YOUR LOT LEAVES NO ROOM TO ADD ON.

WHAT DO YOU DO? TRY ADDING UP WITH A SECOND-STORY ADDITION.



YOU CAN DOUBLE YOUR SQUARE FOOTAGE, OR ADD JUST ENOUGH TO CREATE A COZY PARENTS' HIDEAWAY. EITHER WAY, YOU GET THE ELBOW-ROOM YOU NEED IN THE NEIGHBORHOOD YOU'VE GROWN ACCUSTOMED TO.

ILLUSTRATIONS BY MIKE HENRY



HERE ARE THREE ADDITIONS THAT TAKE THE HIGH GROUND: A SPANISH STYLE, A MODERN HOME, AND A CLASSIC RANCH.

continued

ADDING UP



Wraparound windows point your gaze toward the best views, and the solid walls screen out the neighbors.



Sunshine from the skylight illuminates the stairwell. The open plan helps pull light into the rear of the master suite and the first floor below.

SIMPLY MODERN

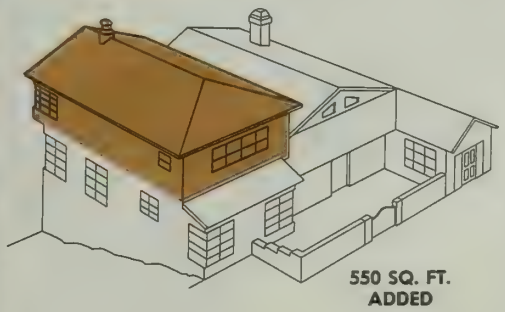
Parents create a nest with treetop views

Nobody but the birds and squirrels knew the views were so spectacular until the family added this 550-sq.-ft. master suite to their home.

Capturing the views without losing privacy on this narrow lot required wrap-around windows in the front pointed toward the views and a solid wall that screens out the neighbors on the sides.



The curve of the stairwell opening lends a soft touch to the linear design.



Eliminating windows on the sides preserved the privacy in this master suite addition.

Skylights above the stairwell deliver additional light. Viewed from the first floor, this skylight creates a delightfully sunny glow in the stairwell.

Curves in the stairwell opening, baluster, and handrail balance the straight-line geometry of the rest of the room. The circular form that hides the flue above the fireplace also imparts flowing, sculptural qualities.

Years before this remodeling, the owner had beefed up the foundation in anticipation of someday adding the second story. Space for the stairwell was taken from one end of a downstairs bedroom.

ARCHITECT: WILLIAM GLASS ASSOCIATES. PHOTOGRAPHS: JAY GRAHAM. REGIONAL EDITOR: HELEN HEITKAMP

PUEBLO POP-UP

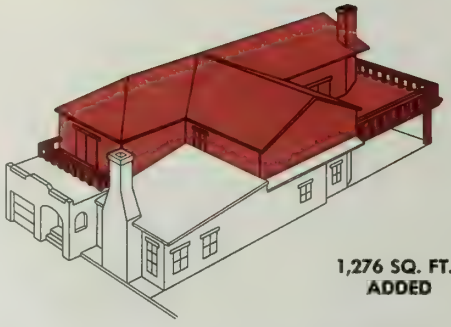
New bedrooms and baths elevate the family out of cramped quarters.

Liberation for the lower floor of this once tiny, two-bedroom, 1,000-sq.-ft. home came with the addition of three bedrooms upstairs. Once the sleeping quarters went skyward, the downstairs was allowed to spread out, creating spacious living areas that include a new dining room, an enlarged kitchen, and a bigger living and family room. The new arrangement clearly separates public and private spaces in the home, allowing sleepers to snooze upstairs without being disturbed by the bustle of busier rooms.





Upstairs, the family gained a master suite, two bedrooms and a bath for the kids, and a laundry room. The parents have privacy, and there are enough bathrooms so that the family isn't forced to shower in shifts. The master bedroom works as a parents' retreat, with a desk, bookshelves, a television and entertainment center, and a fireplace. Outside the double French doors, a wraparound balcony provides a fresh-air retreat and a private view of the backyard.



From lowbrow to high style, a second-story addition lifted this comfortable, spacious home out of a tiny, boxlike dwelling.



DESIGN: TERRY STRANDEMO. PHOTOGRAPHER: KIM BRUN. REGIONAL EDITOR: HAVEN/HOWARD

ADDING UP



The master bedroom covers all the angles, with a fireplace, a balcony, and media-wall storage.

ADDING UP



ARCHITECT, JIM GALVIN, GALVIN CRISTILLI ARCHITECTS. PHOTOGRAPHS, JOAN VANDERSCHUIT REGIONAL EDITOR HAVEN-HOWARD

Painted white, the trim details and ceiling raise your line of sight and help make a narrow space feel larger.

TOP-DRAWER TRADITION

Raising the ranch with a master suite



When properly proportioned, an upstairs addition perches perfectly, even on a ground-hugging ranch-style home.

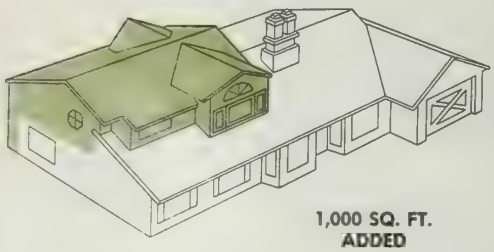
Even the low-slung profile of a ranch-style home can sit tall in the saddle with a well-designed upstairs addition.

With five growing children squeezed into this single-story home, the parents decided to perch their nest up top, thus freeing an extra bedroom for the older kids. Now, whenever slumber parties produce a platoon of noisy kids, the parents can escape upstairs.

The gable on the front end of the house encloses a long bedroom and sitting area. The vaulted ceiling and white painted woodwork break up the long narrow space with eye-catching architectural elements. A window seat at one end houses quilts and extra bedding. Shelves on each side of the window seat hold collectibles that give the room a comfortable, personal touch. The wing that parallels the main roofline contains a spacious bath.

The addition went up quickly. The contractor built the new subfloor on top of existing ceiling joists, allowing the family to remain in the home during the remodeling.

Parents can put themselves on top of the fray by adding up with a low-slung but spacious bath and bedroom combination.



1,000 SQ. FT. ADDED

Buying Information, page 174

Our Prints Make
A Lasting Impression.



Call 1-800-447-4371
for a store near you.

Pier 1 imports

A Place To Discover.

INTRODUCING THE REVOLUTIONARY NEW CARPET THAT'S SPECIFICALLY DESIGNED TO FIGHT MATTING.



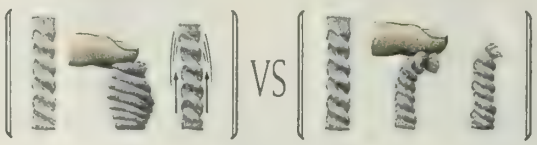
The new Traffic Control™ Fiber System from Wear-Dated® Carpet.

It's expressly engineered to fight those ugly traffic patterns that slowly turn new carpets from a source of pride into a source of embarrassment.

To resist matting, we had to virtually reinvent the carpet. We created a unique dual fiber system that takes tough nylon fibers and interweaves them with acrylic fibers to build in added resilience. So it's as soft as traditional constructions but is designed to stand up to all the things you do in normal, everyday living.

Don't just get a new carpet. Get a whole new kind of carpet. Traffic Control.

Traffic Control VS *Traditional Construction*



The revolutionary Traffic Control Fiber System is designed to bounce back when you walk on it, not get beaten down.

Which is what makes Traffic Control so well suited for high-traffic, high-use areas like family rooms, children's rooms and everywhere else you want great mileage from your carpet.

And since it has the same ability to resist stains that's made Wear-Dated famous, it gives you everything you ever wanted in a carpet. Plus more. So don't settle for just any carpet. Get new Traffic Control from Wear-Dated Carpet.

So advanced, it's even designed to be walked on. And on and on and on and on and on and on. So go ahead, walk all over us.

WEAR-DATED ASSURANCE

WEAR-DATED® CARPET

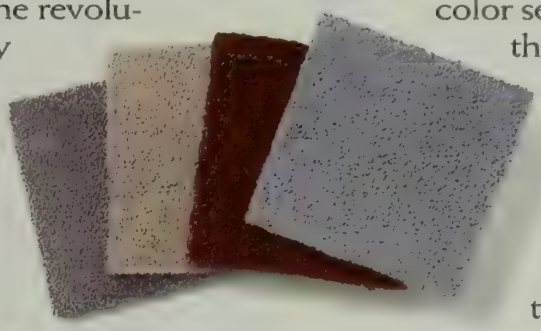
Carpet bearing the Wear-Dated logo assures you of the highest quality materials and technology available. Every Wear-Dated Carpet style goes through real-world performance testing, just to be sure its beauty will last.

™Traffic Control is a trademark of Monsanto Company ®Wear-Dated is a registered trademark of Monsanto Company

INTRODUCING A REVOLUTIONARY PLACE TO BUY IT.

Yes, Sears now has Wear-Dated® Carpet with the revolutionary new Traffic Control™ Fiber System. And we're so impressed by Traffic Control, we're offering you Sears' own 5-year "Double Your Money Back" Wear Warranty on it. This is the first time we've ever made an offer like this on carpet.

Plus, only at Sears do you get the assurance of a quality installation with a lifetime warranty.



Sears has Traffic Control in a wide array of colors—from serene to sassy.

So ask any of our knowledgeable carpet experts to show you our wide color selection of carpet with the Traffic Control Fiber System. And help you choose the colors that are right for you.

New Traffic Control at Sears. The best carpet to buy. At the best place to buy carpet.

Sears is offering a special 5-year "Double Your Money Back" Warranty on wear. (See store for Warranty details.)

SEARS

YOUR MONEY'S WORTH AND A WHOLE LOT MORE

™*Traffic Control is a trademark of Monsanto Company* ®*Wear-Dated is a registered trademark of Monsanto Company*

Quality is Job 1.



Profile in quality #14:
Driveability.

The sophisticated engineering of today's Ford Motor Company cars and trucks is truly remarkable. For instance, today's Mercury Cougar XR7 and Ford Thunderbird Super Coupe have a speed sensitive electronic rack and pinion steering system that provides optimum driving control. Their new adjustable suspension system monitors driving conditions, automatically making adjustments to optimize ride and handling. And both cars are equipped with four-wheel disc anti-lock brakes.
If your goal is to build the highest quality cars and trucks in the world—you don't do it any other way.

Ford, Mercury, Lincoln, Ford Trucks.
Our goal is to build the highest quality cars and trucks in the world.℠

Ford

FORD MOTOR COMPANY

'90s Style

THE BEST NEW LOOKS AND WHERE TO GET THEM



BREAKING TRADITION



THE NEW FRONTIER



THE RURAL ROUTE



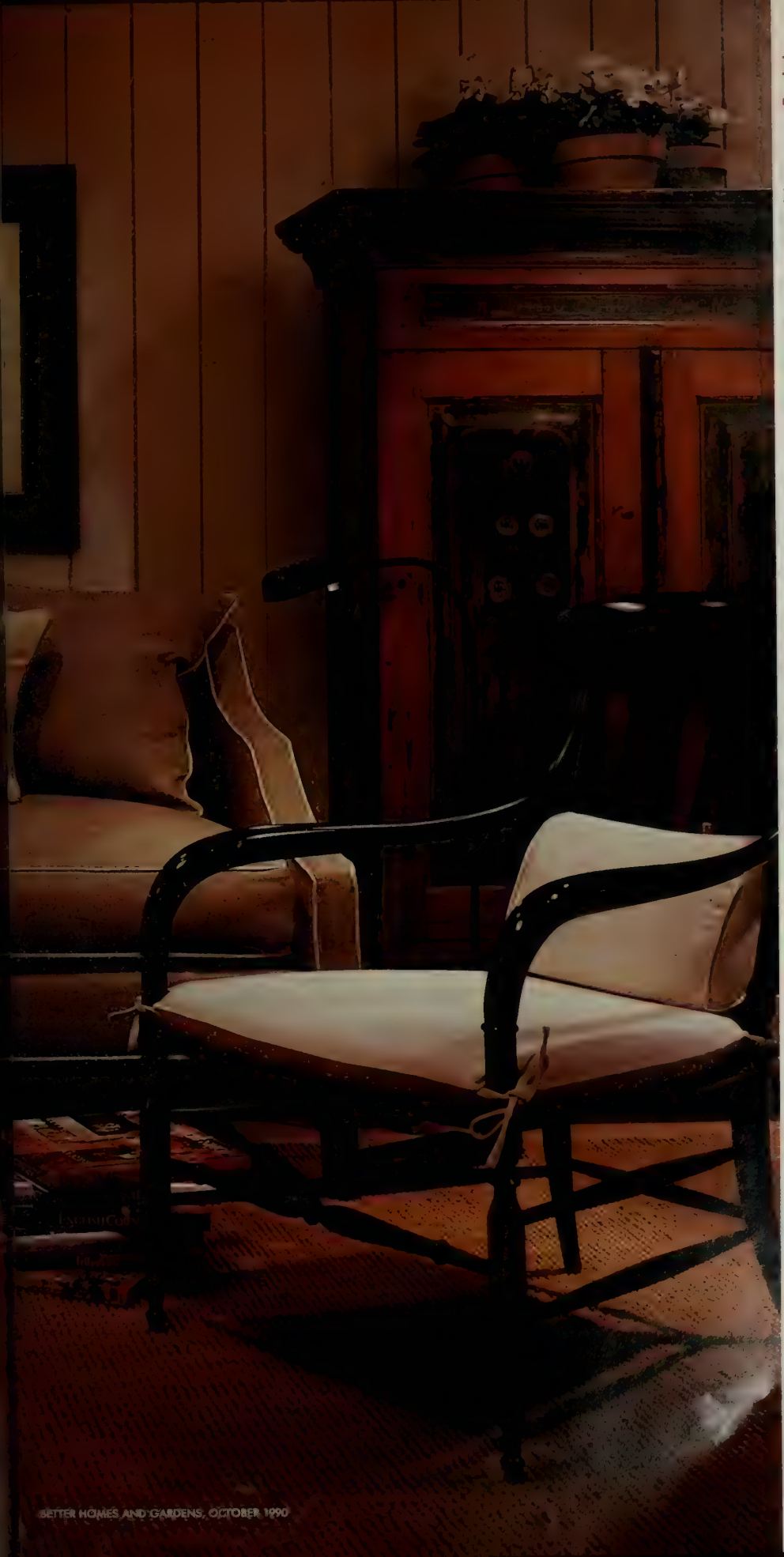
HOT TROPICS



THE OLD COUNTRY

What will rooms wear in the '90s? We wondered, too. So we crossed the country for designs to buy, ideas to borrow, and trends to guide you through this decorating decade. For one, we see folks paring down—tossing the clutter to focus on true loves. We're Breaking Tradition, putting classic beauties in stripped-down settings that show off each curve. Even tradition's country cousin, a style we call The Rural Route, leads to quieter schemes that better reflect our simple past. While digging our rooms' roots, we've struck a vein of ethnic energy. Peek at The New Frontier for a wild-west mix of earthy colors and touchable textures. Maybe your soul connects to The Old Country, where softer finishes and fabrics speak with European accents. By following our hearts, we're getting braver along the way. Want a gutsy style? Go to the Hot Tropics, where high-voltage hues spark a bold new look.


'90s Style



BREAKING TRADITION

Welcome to the new look of tradition, or is it the new modern? In the '90s, the styles are merging, living happily together under one roof. From *Crate & Barrel,* this grouping inherits classic lines, crisp botanicals, and glowing wood tones from tradition's side of the family. "But this is tradition with a twist," says Lon Habkirk, Crate & Barrel creative director. "We dressed a classic Hepplewhite sofa in a woven cotton fabric to take the stodginess out of it." Besides lightened-up fabrics, a modern heritage shows up in sleek lighting and a spare setting. Like a good marriage, the union brings out each style's best: tradition's warmth takes the cold edge from contemporary's sparse serenity.

Buying information, page 85

Photograph: Steven Hall
Regional editor: Elaine Markoutsas

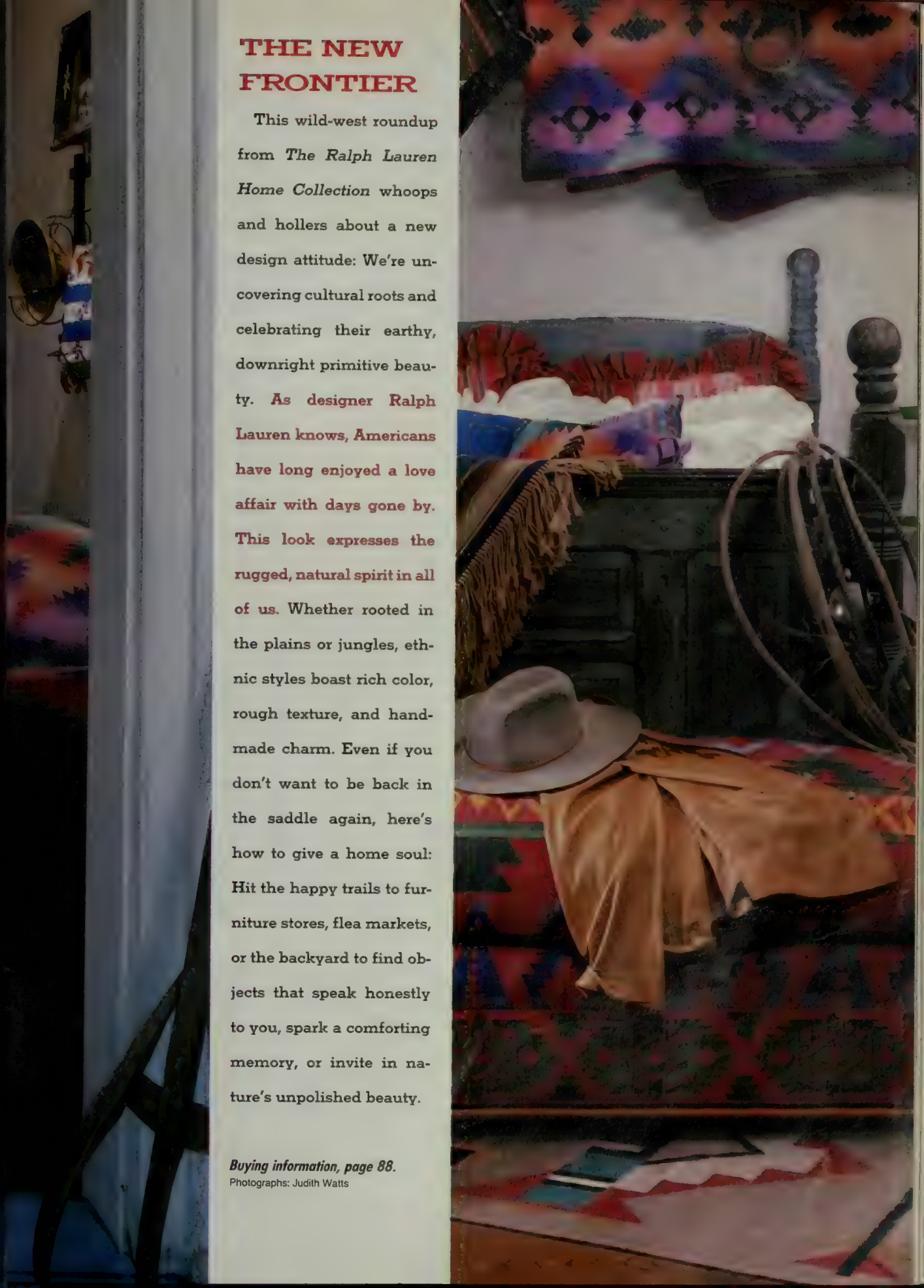

'90s Style

THE NEW FRONTIER

This wild-west roundup from *The Ralph Lauren Home Collection* whoops and hollers about a new design attitude: We're uncovering cultural roots and celebrating their earthy, downright primitive beauty. As designer Ralph Lauren knows, Americans have long enjoyed a love affair with days gone by. This look expresses the rugged, natural spirit in all of us. Whether rooted in the plains or jungles, ethnic styles boast rich color, rough texture, and handmade charm. Even if you don't want to be back in the saddle again, here's how to give a home soul: Hit the happy trails to furniture stores, flea markets, or the backyard to find objects that speak honestly to you, spark a comforting memory, or invite in nature's unpolished beauty.

Buying information, page 88.

Photographs: Judith Watts



'90s Style

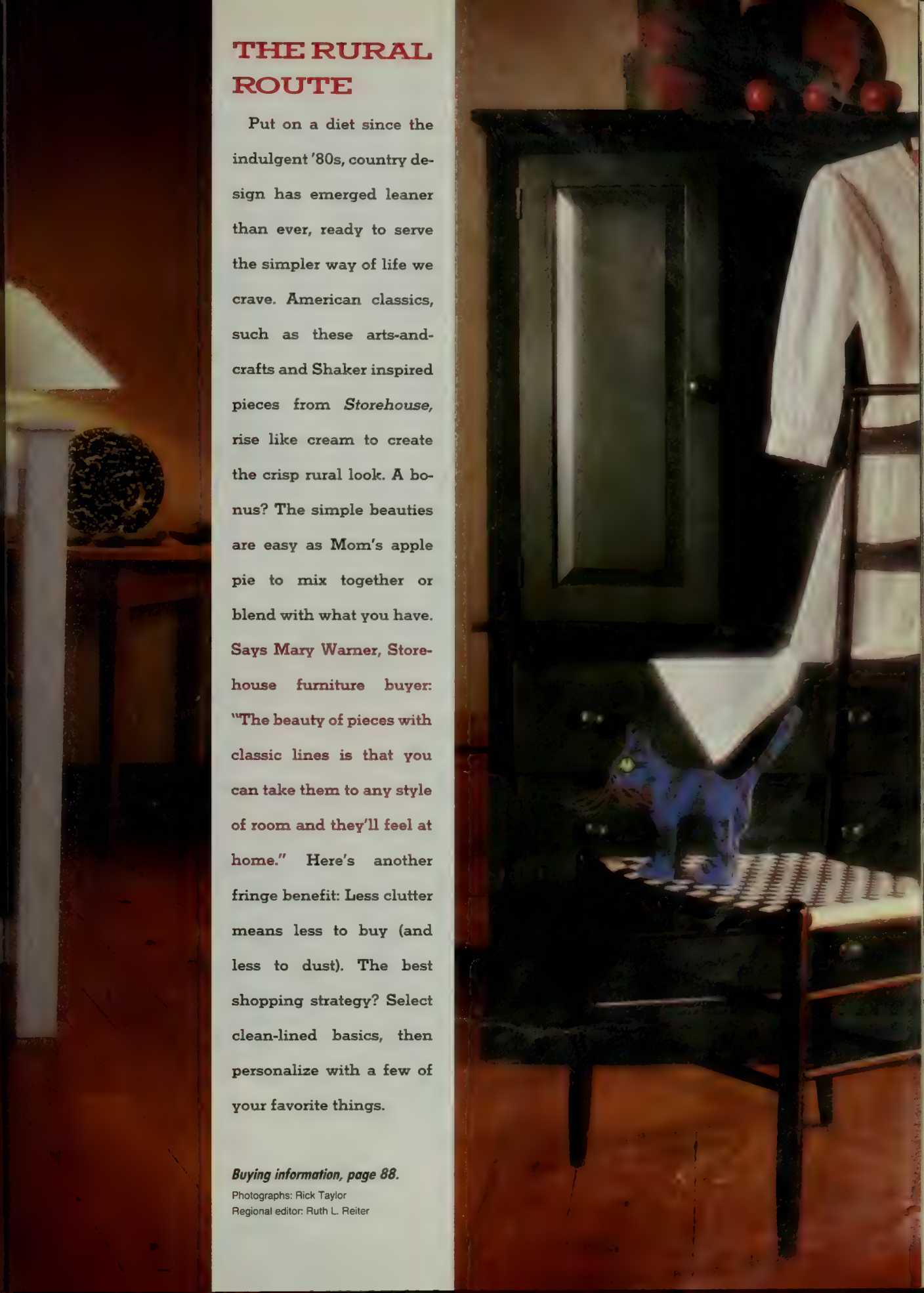


THE RURAL ROUTE

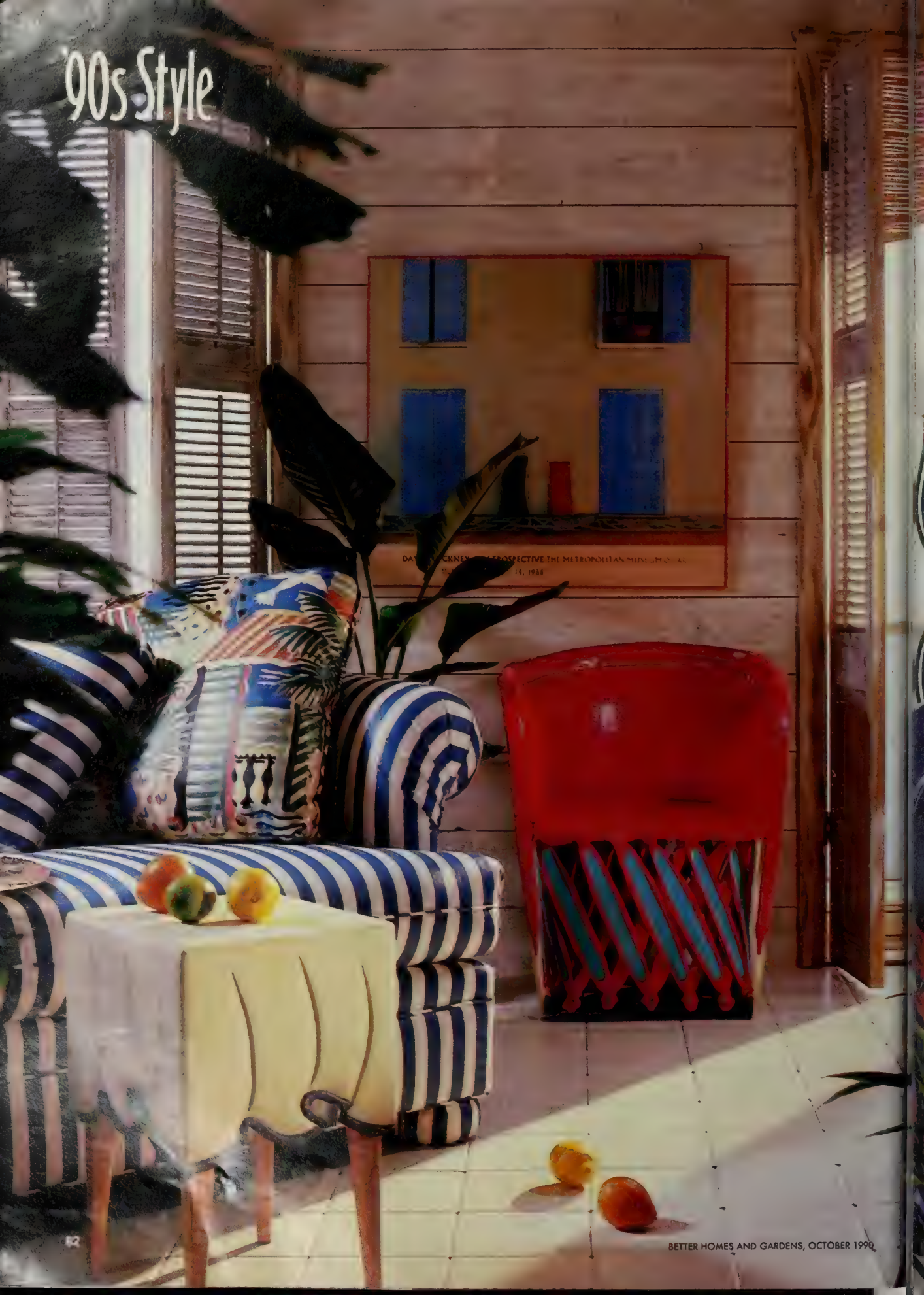
Put on a diet since the indulgent '80s, country design has emerged leaner than ever, ready to serve the simpler way of life we crave. American classics, such as these arts-and-crafts and Shaker inspired pieces from *Storehouse,* rise like cream to create the crisp rural look. A bonus? The simple beauties are easy as Mom's apple pie to mix together or blend with what you have. Says Mary Warner, Storehouse furniture buyer: "The beauty of pieces with classic lines is that you can take them to any style of room and they'll feel at home." Here's another fringe benefit: Less clutter means less to buy (and less to dust). The best shopping strategy? Select clean-lined basics, then personalize with a few of your favorite things.

Buying information, page 88.

Photographs: Rick Taylor
Regional editor: Ruth L. Reiter



90s Style





HOT TROPICS

Even once-timid decorators now bravely splash their rooms with living color and stock them with playful furnishings. Forget impressing the neighbors; we're expressing ourselves—and loving it! With sizzling hues and patterns, these hot numbers from *Expressions* take the dare. "Today's shopper doesn't need anyone's stamp of approval," says Expressions president Ronna Griest. "Our homes confidently reflect who we are." For those who wish life were truly a beach, cabana stripes, fun-loving accents, and color-drenched chairs offer island hospitality. A cool white ceramic floor and paneling weathered with paint complete the get-away mood. Ah-h-h-h, you can almost feel the sand between your toes.

Buying information, page 88.

Photographs: Jon Jensen

'90s Style



THE OLD COUNTRY

Slavishly replicated and overly decorated schemes are moving over to make room for less tense, more livable style mixes. In the process, we're learning what Europeans have known all along: Charm comes less from what you have than how you use it. This collection from *Lexington* gets its relaxed spirit from back-roads Europe. "Europeans love a house that looks lived in," says the line's designer, Lynn Hollyn. "If decoration is too perfect or untouchable, the life vanishes from a room." The mixture of gently painted wood finishes and delicate fabric patterns gives this room an instantly evolved look; then, the simple background gives it quiet country charm. BHG

Buying information, page 88.

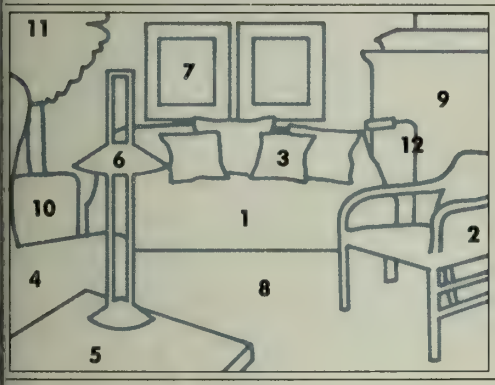
Photograph: Bill Ellis
Regional editor: Katherine Wiglesworth

90s Style BUYING INFORMATION

WHERE TO GET THE LOOK YOU LOVE

Today it's easier than ever to find well-designed furnishings. From department stores, to furniture galleries, to specialty interior design shops, retailers offer products and design expertise to help you update your rooms for the '90s. Want to invite home any of the pieces we showed on *pages 75–84*? Everything you need to do your shopping is right here. If you don't have one of the following stores in your area, these retailers and manufacturers will direct you to the nearest dealer or see that the piece is shipped to your home.

Prices listed are suggested retail, and subject to change.



BREAKING TRADITION Pages 76 and 77
Crate & Barrel, Department BHG, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461.

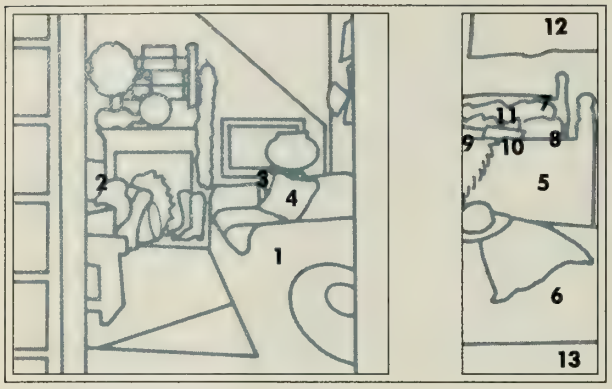
1. Apartment sofa—"Hepplewhite" in Sand fabric with contrasting piping, $2,195.
2. Armchair—"Regenza" in black stain finish with woven seat, imported from Italy, $1,395.
3. Needlepoint pillows—multicolor on ivory or black background, 17 inches square, handmade in China, $66.
4. Wing chair—"Grant," $599
5. Cocktail table—Handwoven rattan and wicker top, hand-painted finish, $599.
6. Table lamp—"Regina," designed by Jorge Pensi, $299.
7. Botanical prints—by Malva Rosea, hand-colored watercolors on textured handmade paper, 26×30 inches, $299 each.
8. Sisal rug—in camel, 6×9 feet, $120.
9. Armoire—Antique Swedish cupboard, $3,995.
10. Wicker basket—$19
11. Fabric Ficus tree—$399
12. Floor lamp—"Pool" in black-lacquered steel, $199.

continued on page 88

Give yourself a break...

'90s Style

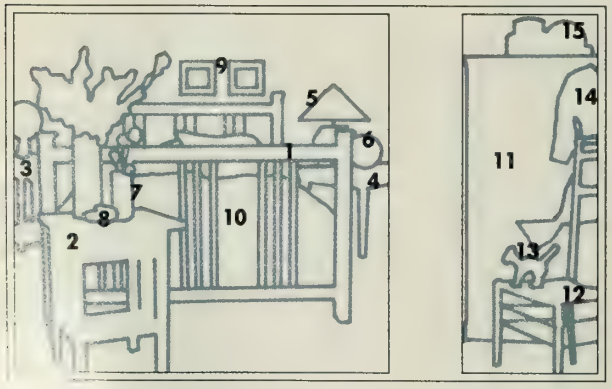
continued from page 85



THE NEW FRONTIER Pages 78 and 79

The Ralph Lauren Home Collection, Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036.

1. Sofa—"Polo" in "Canyon" fabric, $1,985.
2. Armchair—"Arrowhead" in chamois leather with fringe and whipstitching, $6,680.
3. Toss pillow (left)—in "Arizona" blue with red floral stripe print fabric, 100% cotton, $95.
4. Toss pillow (right)—in "Hawley" fabric, 100% cotton, $80.
5. Bed—Antique, not available for sale.
6. Blanket chest—"Polo" upholstered in "Tuscan" fabric, $565.
7. European square shams—in "Hawley" pattern, $100 each.
8. Standard shams—"Patience" in white cotton with eyelet edges, $91 for two.
9. Toss pillow (left)—in "Classic Stonewashed Denim," $70.
10. Toss pillow (center)—in "Canyon" fabric, $380.
11. Toss pillow (right)—in "Arizona" fabric, 100% cotton, $95.
12. Hanging dhurrie—"Canyon," wool, 6×9 feet, $980.
13. Dhurrie on floor—"Appaloosa," wool, 5×7 feet, $640.



THE RURAL ROUTE Pages 80 and 81

[illegible]03-D Johnson Ferry Rd., NE, Chamblee, GA 30341.

1. [illegible]ter" by Taylor Woodcraft in white (also available in [illegible]rk walnut by special order), $949.
2. [illegible]Bannister" by Taylor Woodcraft in white (also available in [illegible]ark walnut by special order), $399.
3. Plant stand—No. 34L6975–61, $209.
4. Three-legged pine table—Danish antique, individually priced.
5. Table lamp—No. FOC32940W, $179.
6. Decorative plate—"Notebook" by Swid Powell, $65.
7. Green ceramic vase—$69.
8. River stones—$12 to $16 each
9. Embroidered prints—No. 4360, $99 each.
10. Quilt—Pearidge No. 4098, queen size, $599.
11. Entertainment center—No. 40B74807DG in dark green finish (other finishes available), $1,077.
12. Shaker side chair—black finish, $269.
13. Cat—by Annelle Williams (different colors available), $60.
14. White dress—Laura Ashley, Inc., 714 Madison Ave., New York, NY 10021.
15. Nesting boxes—range of colors, sizes available, $15–$35.



HOT TROPICS Pages 82 and 83

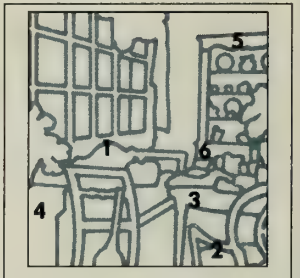
Expressions, P.O. Box 6018, Metaire, LA 70002.

1. Apartment sofa—Frame No. 3016 in "Lomira fabric," $1,249.
2. End table—"Mini-drape" No. 127, $229.
3. Floor lamp—"Squiggle" No. 3999, $249.
4. Painted chairs—"Equipale" No. 201 by Red Dog Trading Co., $499 each.
5. Poster—by David Hockney, Poster Originals, 330 Hudson St., New York, NY 10013. Catalog, $10.
6. Armchair—Frame No. 1820 in "Cote d'Azure" fabric, $539.
7. Floor pillows—21 inches in "Lentini" pink and teal fabric (included in price of sofa, or sold separately for $28).
8. Pitcher, pot—Expressions exclusive hand-painted ceramics, pitcher No. 8784, $89; No. 8778 pot with handles, $69.

THE OLD COUNTRY

Page 84

Lexington Furniture, 1300 National Hwy., Thomasville, NC 27630; 800/544-4694.



1. Swedish bench—No. 751–539BL in Scandinavian blue, fabric No. 681, $910.
2. Victorian armchair—Sorry, this piece has been discontinued. Similar styles are available.
3. Round table—No. 751–870, 44 inches in diameter, shown with two leaves, $1,300.
4. Painted chest—No. 752–518DE, $676.
5. Scottish cupboard—No. 751–855BL in Scandinavian blue, $1,170.
6. Spice cabinet—No. 751–850BL in Scandinavian blue, $1,430.

Now the Santa that found a place in your heart can find a place in your home.

Share in the wonder and magic of "Santa's Workshop." The premier sculpture inspired by Norman Rockwell's classic portrait.



"Santa's Workshop" brings the world's favorite toymaker to life with the true color and detail of Norman Rockwell's original 1922 painting.

Shown actual size of 5½" high x 5⅜" in diameter.

On December 14, 1922, America's best-loved artist touched the hearts of believers young and old when his painting of Santa Claus was first published for all the world to see. Now the spirit of Rockwell's portrait has been brought to life for you to cherish in your own home. The Norman Rockwell Gallery proudly presents "Santa's Workshop," the sculpture that captures the warmth and love of Santa Claus as only Norman Rockwell could.

The premier issue in Rockwell's Santa Heirloom Collection, "Santa's Workshop" is the only work of its kind to receive the full authorization of the Norman Rockwell Family Trust.

Authorized Rockwell collectibles have for years proven to be solid market performers. The official endorsement of the artist's own family means "Santa's Workshop" should be even more successful. Its $49.95 price is ideal for collectors of investment-quality art. And your satisfaction is unconditionally guaranteed for 365 days.

"Santa's Workshop" is the only authorized edition in Berkshire Porcelain, a combination of artists' resin and porcelain powders, and is limited to 150 casting days. So return your reservation request today. And reserve a place in your home for a true classic.

The Norman Rockwell Gallery • 9200 Center for the Arts Drive Niles Chicago, IL 60648-1300

© 1990 The Norman Rockwell Gallery

RESERVATION REQUEST

Please respond by

October 31, 1990



The Norman Rockwell Gallery

9200 Center for the Arts Drive
Niles Chicago, IL 60648-1300

Please enter my reservation for "Santa's Workshop"—the premier sculpture inspired by Rockwell's classic portrait.

I need send no money now. I will be billed in three installments of just $16.65,* the first payable before shipment. If not delighted I have a full year to return my sculpture for replacement or refund.

Mr. Mrs./Miss/Ms. _____
(Please circle one)

Address _____ Apt. # _____

City _____ State _____ Zip _____

Phone: ( ) _____

*Plus $3.44 home delivery fee and any applicable state sales tax. Offer valid in the U.S. only.

SWB-100 82391-E81201

Coffee break. Italian style.





The coffee break in Italy. Rich, meaningful, rewarding. Discover what a coffee break is meant to be with rich, continental style Medaglia d'Oro Espresso. Besides brewing authentic Italian espresso, Medaglia d'Oro is the perfect ingredient for making good things happen, like...

CLASSIC CAPPUCCINO: Heat milk to just below boiling. To foam milk, use the steam attachment on your espresso maker or briefly mix it in a blender. Add equal amounts of hot espresso and hot milk to a coffee cup. Sprinkle with shaved bittersweet chocolate and cinnamon.

Don't just make coffee. Make good things happen.

For other delicious ways to enjoy Medaglia d'Oro send 50¢ for postage and handling to Medaglia d'Oro Recipes, P.O. Box 10220, Newport Beach, CA 92658-10220
Allow 6 weeks for delivery. Limit 1 per household

MEDAGLIA D'ORO®
ESPRESSO
Authentic Italian Coffees since 1924

Available in ground roast, whole bean and decaffeinated.

HOME STYLE

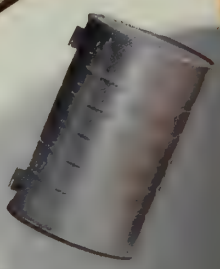
Best Bets for Better Homes®

HE'S JUST BOO-TIFUL
Carve our friendly Boofus or any of 20 Halloween goblins with ease using special patterns and tools from Pumpkins Ltd. Suggested retail: $12.95.
To order a tool and pattern kit, see page 169.









TRICKS AND TREATS

'Tis the time of year to pull a few decorating tricks out of the bag, or even pamper yourself with an occasional little treat. Either way, we've gathered some spook-tacular ideas to get you started.

BY JILANN SEVERSON

HIDDEN ASSETS
State-of-the-art appliances cleverly masquerade as giant kitchen staples for a fun-but-functional combination. Mixing bowls and a measuring cup stack up to form an oversize egg that hides a mixer and measuring spoons, an electric juicer squeezes inside a huge orange, slices of bread sandwich a toaster, and a hinged can flips apart to expose an electric can opener inside. Suggested retail prices: $30 (can opener, juicer), $45 (mixer), $50 (toaster).
Electric Art Appliances by Majestic, Bloomingdale's by Mail, 800/777-0000.





IT'S A SNAP!
Gridded geometric frames clip together in any arrangement or stand alone. Suggested retail: $13 each.
Clip Frames, Exposures Catalogue, 9180 Le Saint Dr., Fairfield, OH 45014; 800/222-4947.


Everyday
Low Price
BELAIR
BELAIR
Lights
100's
LOW TAR • MENTHOL
Available in Full Flavor and Lights,
Kings and 100's.
New
BELAIR
Taste The Refreshment
SURGEON GENERAL'S WARNING: Quitting Smoking
Now Greatly Reduces Serious Risks to Your Health.

HOME STYLE



BLACK MAGIC

A matte-finished ebony band contrasts with highly glazed white or gray on Crown Corning's new budget dinnerware. Suggested retail: $80 per 20-piece set.

"Duo," Crown Corning, 5500 E. Olympic Blvd., Los Angeles, CA 90022.

HI FAUX SILVER

Durable canvas with pinto patches in brown or black gallops to the front of the decorating scene. Treated with Scotchgard fabric protector. Suggested retail: $20 per yard.

"Yapache," Covington Fabrics, 267 Fifth Ave., New York, NY 10016; 212/689-2200.

BLACK CHERRY TREATS

Bassett blends two favorites, black lacquer and rich cherry, for dining room pleasure. Suggested retail: $649 for 33½ × 55½-inch dining table.

Country Living Collection, Bassett Furniture, P.O. Box 626, Bassett, VA 24055.

FEATHER LIGHT

These lamps will tickle your fancy when their graceful arms pivot and move to shine light into the spookiest corners. Suggested retail: $240.

Feather Lamp, George Kovacs Lighting, Inc., 330 E. 59 St., New York, NY 10022.

PIECE OF CAKE.





With Resolve™ Carpet Cleaner, even a toughie like grape juice is a piece of cake. Ditto for ketchup, cola, crayons or rust. And Resolve protects your carpet against future oily stains with DuPont TEFLON® soil and stain repellent

So now you can have your cake—and clean it, too.

Take away the worry, take away the stain. Take out Resolve.



TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

BIRDBATH SCRUBBER

■ I used to hate to clean out the build-up of red, green, or brown algae from my plastic birdbaths and cement garden fountains. Now I just take along a small pail of water and a fiber-end toilet bowl brush that I bought just for this cleaning job. Just swab out the baths and fountains, rinse, and refill with clean water.

P. K. Rand, Calgary, Alberta, Canada

STEAM OFF STUCK-ON FOOD

■ To make microwave oven cleaning easy, put a large, microwave-safe bowl of water inside and heat on high until the water boils. The steam from the water softens the stuck-on food, and it wipes right off.

Nancy Nevins, Winter Haven, Fla.

PREPPING A PROJECT FOR STAIN

■ Before staining or applying a finish to a project, you should have a dust-free surface. After sanding, place a little alcohol or paint thinner on a rag, and wipe over the project. All the dust will be removed immediately.

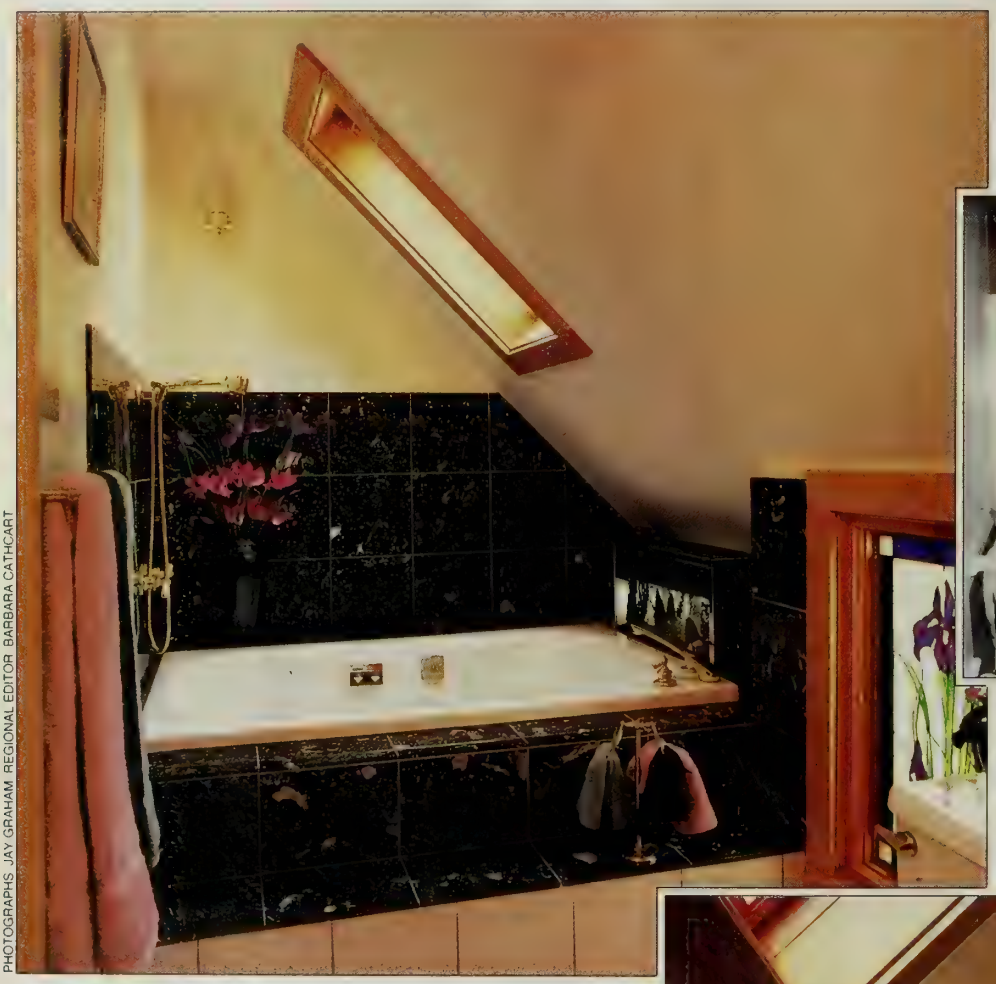
Larry Bedaw, North Swanzey, N.H.

SEND US YOUR TIP

Mail your tip—along with a daytime phone number—to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50336. We can't acknowledge or return letters. But if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

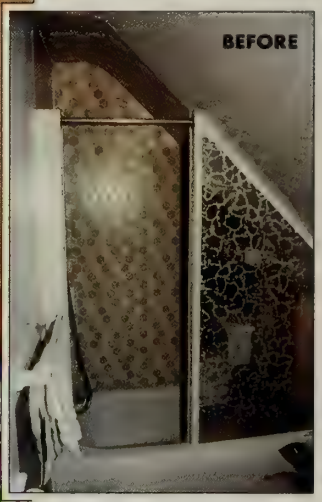

WHIPPED CREAMY DREAM COME TRUE
Introducing
New Cool Whip Lite.™
Dip into the luscious whipped creamy taste you love, with only half the fat of whipped cream.
NEW!
REAL WHIPPED CREAM TASTE
Cool Whip
Lite
WHIPPED TOPPING
1/3 LESS FAT THAN FROZEN WHIPPED TOPPING
50% LESS FAT
THAN WHIPPED CREAM
ONLY 8 CALORIES
PER SERVING
Available in most areas.
© 1990 Kraft General Foods, Inc.

FANTASTIC FINISH FOR A FRUMPY BATH



PHOTOGRAPHS: JAY GRAHAM, REGIONAL EDITOR: BARBARA CATHCART

A remodeling that included skylights, quality accents, and a stained-glass window created the nicest room in the house.



At the foot of the tub, fish meandering around in the aquarium add whimsy and life to this oak, brass, and marble bath. The wide tub eliminates the need for a shower curtain.



It was a dark and gloomy bath, haunted with the ghosts of a gaudy past: cheap paneling, olive-green tiles, and lime-green grout. Until, that is, the homeowners called in the gauche busters.

Steve and Marylou Bartoletti fought back against the dated-looking bath with skylights, marble tile, brass accents, and oak trim. Now, the homeowners report that this tiny, under-the-rafters bath (80 sq. ft.) is the most pleasant room in the house, full of light, charm, and character.

Skylights were installed while the roof was being replaced. Because some shingles would have to be torn off for the skylight, combining the reroofing and skylight work saved money. A stained-glass window, trimmed in oak, was added on the knee wall, bringing in light without loss of privacy. A big whirlpool tub surrounded in black and gold-flecked marble tile brought an ample dose of luxury into the room. The tub is wide enough so that no shower curtain is needed, making the bath appear more spacious.

Bruce®

A Fashion Revolution!

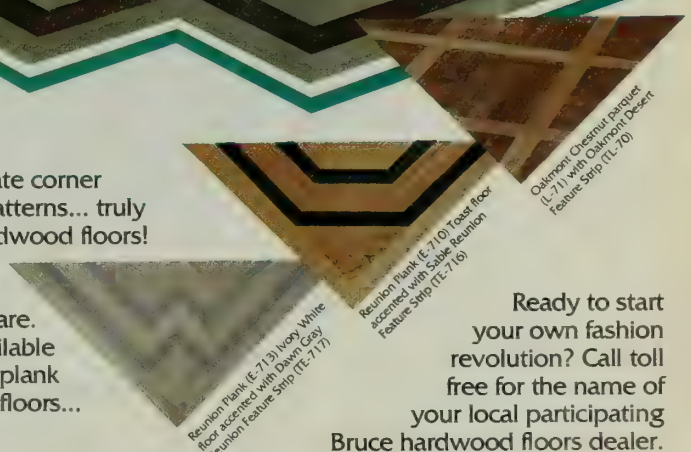
Starting Now at Your Participating Bruce Dealer!

Sterling Strip Winter White (C-723) with Gunstock Sterling Strip Feature Strip (C-721)

Custom Color Feature Strips Installed Straight from the Carton



Colorful borders, intricate corner treatments and exciting patterns... truly a fashion revolution in hardwood floors! Pre-finished with the Dura-luster no-wax urethane finish, for durability and easy care. Custom Color Feature Strips are available in mix-and-match colors for selected plank and parquet. Unique, custom hardwood floors... without the custom price.



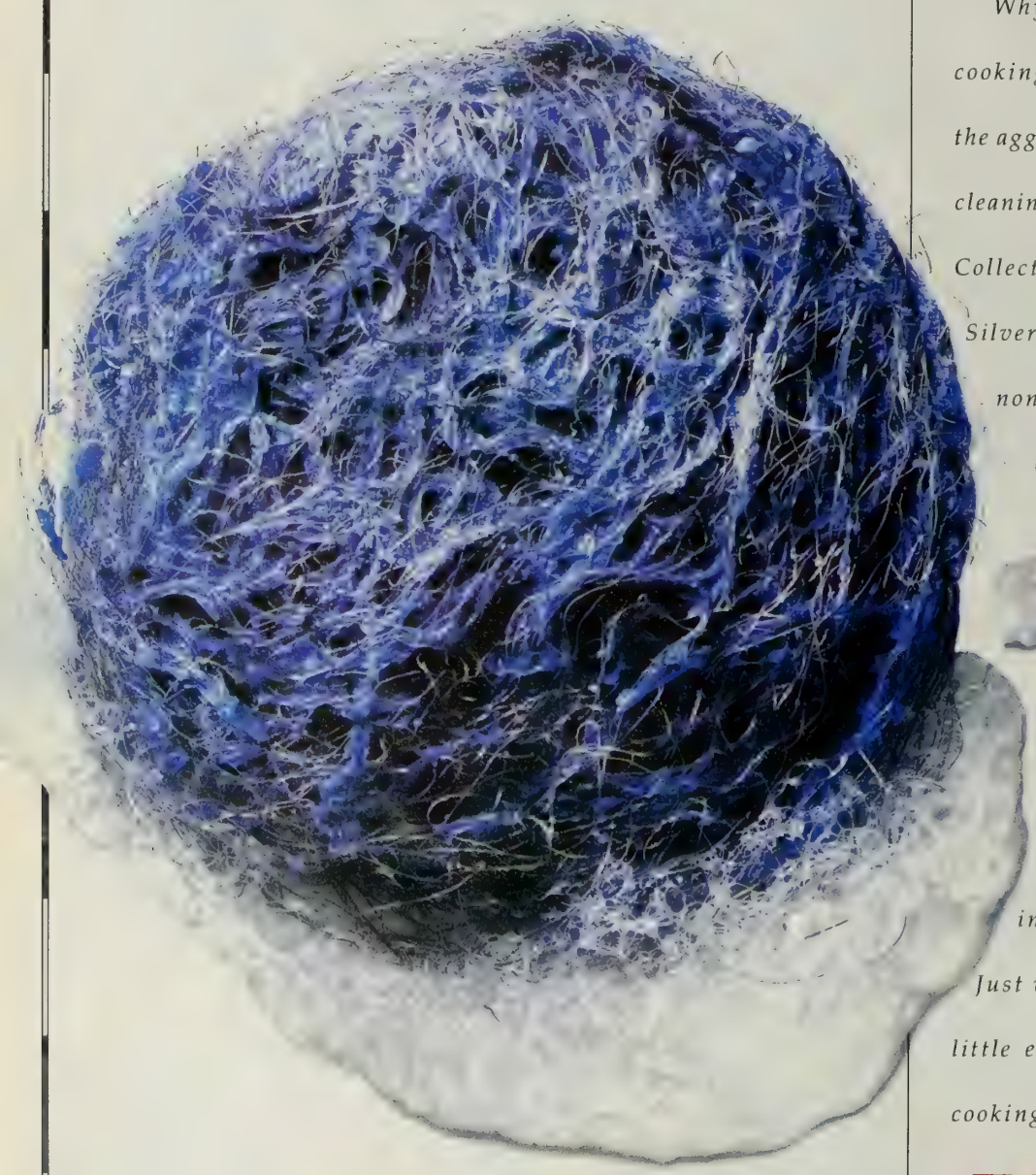
Ready to start your own fashion revolution? Call toll free for the name of your local participating Bruce hardwood floors dealer.

Bruce® hardwood floors
A division of Triangle Pacific Corp.
16803 Dallas Parkway Dallas, TX 75248

1-800-722-4647
In Canada 1-800-334-4064.

Get our nonstick cookware, or scrape by with something else.



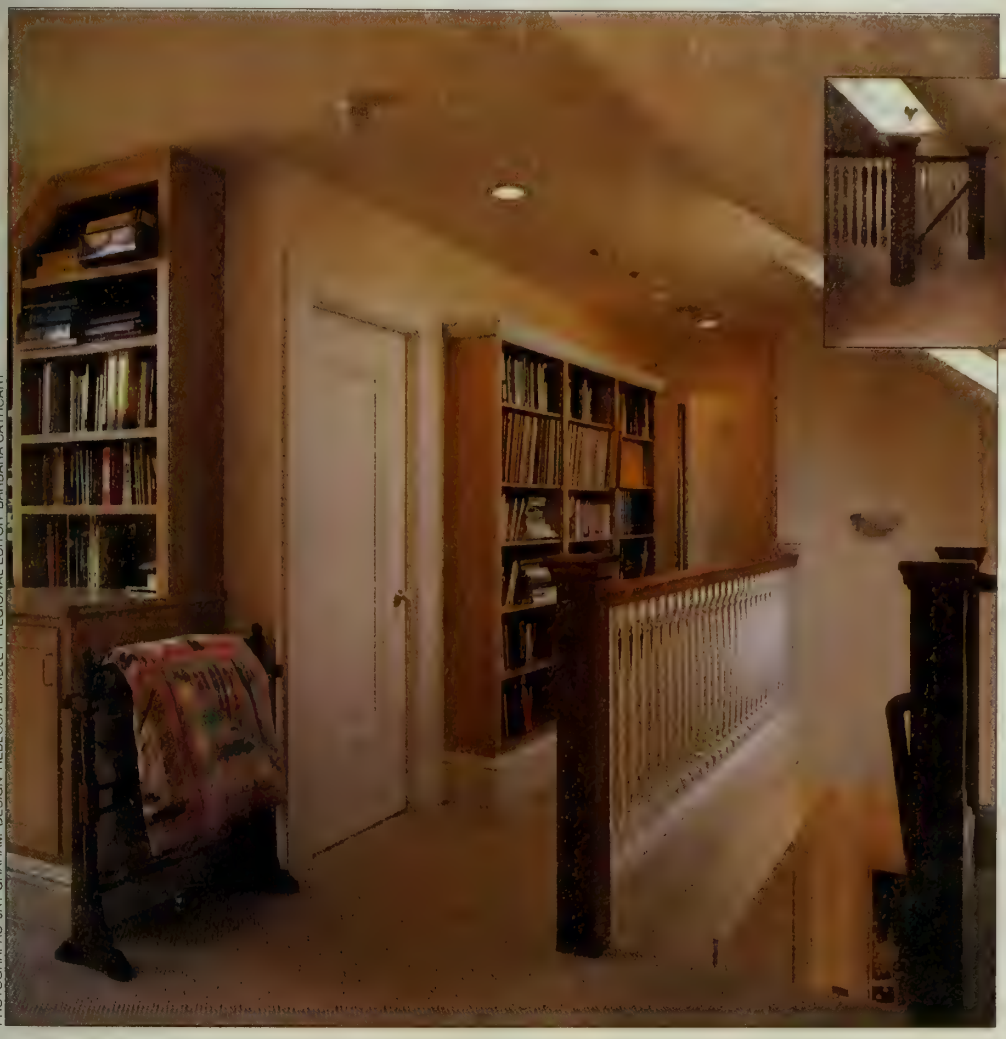


Why should the joy of cooking be outweighed by the aggravation SilverStone *of cleaning up? The Grey-Tech Collection® has convenient SilverStone® interiors and nonstick exteriors. Our contemporary cookware is crafted of durable heavyweight aluminum. Heat-absorbing rings distribute heat more evenly for less burning or undercooking. Just what you needed. A little extra help with the cooking and the cleaning.*

REGAL®

Regal Ware, Inc. Kewaskum, WI 53040

COLLECTING SPACE DIVIDENDS





▲ Out of thin air, this attic landing becomes an inviting hideaway with the addition of only three pieces of furniture.

◀ Books say a lot about you. Pull treasured tomes out of their attic boxes for shelf life in a hall.

PHOTOGRAPHS JAY GRAHAM DESIGN REBECCA BRADLEY REGIONAL EDITOR BARBARA CATHCART

Take stock of your inactive hallways and stairwells. For a relatively low investment of decorating time and money, you can get a higher return on living space. Come up to the attic of this San Francisco home to see how one family managed it.

The hidden space dividends were at the top of this house, where the staircase ended in a squarish foyer. The foyer skinnied out around the corner in a narrow passage to the back bedroom. Look familiar? Take these steps to get your share of surplus living:

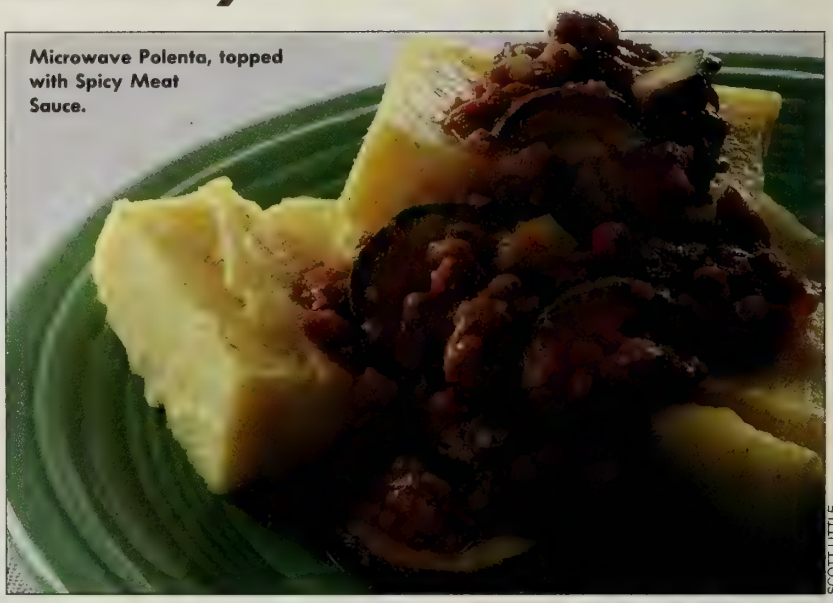
Raise your sites. Consider installing an operable sky window. Not only will it visually lift the space, but you can open it to let stale air out and fresh air in. Here, it sheds natural light on the space under the roof, cheering it up and making the absence of windows unnoticeable.

Whiten and brighten. Where natural light leaves off, paint picks up. Beneath these eaves, dark spaces are lightened with crisp white paint. Because it's light, white paint visually opens up a cramped room, making it seem larger than it really is. To the side of the stairs, a sunshine color subs for nature's own, lightening and brightening the interior.

Fill under-eaves space. Strategic furniture placement helps you cash in on bonus space that's just waiting around the next corner. To make every inch count, place a sofa along the room's lowest wall. This once-wasted space not only performs a vital function as a cozy hideaway, it does double duty as guest quarters. The sofa is a sleeper, whose bedding is cached away inside the coffee table until needed.

Line walls with shelves. Where furniture won't fit, books will. Lined with shelves, this narrow hallway becomes a bountiful backdrop as well as a library within fingertip reach.

POPULAR POLENTA
Now microwave-easy


Microwave Polenta, topped with Spicy Meat Sauce.

SCOTT LITTLE

Enjoy popular Italian polenta by fixing the cornmeal "mush" in a microwave oven. Our simple make-ahead method banishes standing over a hot pot and constantly stirring this classic Italian dish.

MICROWAVE POLENTA

Enjoy polenta as a side dish capped with butter or olive oil. For a main dish, spoon on a meaty pasta sauce—

3 cups water
1 cup yellow cornmeal
1 cup cold water
1 tsp. salt
Olive oil



Only one of these tomatoes is good enough for S&W.

To the untrained eye, each tomato looks like it was just picked from the vine in a sun-drenched field.

Not so.

Seven of these tomatoes were grown in a hothouse, which means they're good enough for your grocer's produce department, but they don't measure up to S&W's rigid quality standards.

S&W selects only plump, sweet, vine-ripened tomatoes from California's San Joaquin and Sacramento valleys. Like all the other fruits and vegetables we offer, our tomatoes are USDA "Fancy" grade. That's the highest government standard possible, and only tomatoes with near-perfect shape, size, color, texture and flavor qualify. (Like the second one from the right above.)

But even that's not good enough for our fussy buyers. They make sure S&W gets the pick of the fancy grade crop every year. In other words, the very best of the best. So it's not surprising that S&W is the leading brand of canned tomatoes in the West.

S&W tomatoes are available whole, diced, sliced, and

THE BEST. ALL THE TIME.

In a 4-cup microwave-safe measure micro-cook the 3 cups water on 100% power (high) for 4 to 6 minutes or till boiling (low-wattage ovens: 5 to 7 minutes). Meanwhile, in a 2-quart microwave-safe casserole stir together the cornmeal, cold water, and salt.

Slowly pour the boiling water into cornmeal mixture, stirring constantly with a wooden spoon till well combined. Cook, uncovered, on high for 7 to 9 minutes (low-wattage ovens: 8 to 10 minutes) or till mixture is *very* thick and just bubbles in center, stirring every minute.

Spread the cornmeal mixture in a greased 12x7½x2-inch baking dish or 8x4x2-inch loaf pan. Set aside to cool for 45 minutes; cover dish or pan with plastic wrap and chill the polenta overnight.

To serve, cut chilled polenta into 24 squares or, if using loaf pan, into ½-inch slices. Brush with olive oil. Cook over medium-low heat in a large skillet about 10 to 12 minutes per side or till crisp and golden.

Or, arrange polenta pieces on a microwave-safe platter. Cover with waxed paper; cook on 70% power (medium-high), *or* on 100% power in low-wattage ovens, for 4 to 6 minutes or till hot. Serve with olive oil or butter, or top with meat or vegetable sauce. Makes 6 servings.



Spread cooked polenta in dish. Cool 45 minutes, then cover and chill overnight.

Nutrition information for polenta only: *90 cal., 2 g pro., 18 g carbo., 1 g fat, 0 mg chol., 355 mg sodium, 28 mg potassium, 2 g dietary fiber.*

SPICY MEAT SAUCE

1 lb. ground beef *or* turkey
½ cup chopped onion
2 cloves garlic, minced
1 cup sliced zucchini
1 cup chopped green pepper
1 8-oz. can tomato sauce
2 Tbsp. snipped parsley
½ tsp. salt
½ tsp. dried oregano, crushed
¼ tsp. ground cinnamon
⅛ tsp. pepper

Crumble ground meat into a 2-quart microwave-safe casserole. Add onion and garlic; cook, covered, on 100% power (high) for 5 to 7 minutes (low-wattage ovens: 8 to 10 minutes), stirring once. Drain meat; set aside. Wipe casserole with paper towels. In casserole combine remaining ingredients. Cook, covered, on high for 5 to 7 minutes (low-wattage ovens: 8 to 9 minutes) or till zucchini is tender. Stir in hot meat; spoon over polenta. Makes 6 servings.

Nutrition information per serving: *183 cal., 18 g pro., 9 g fat, 61 mg chol., 445 mg sodium, 2 g dietary fiber.*



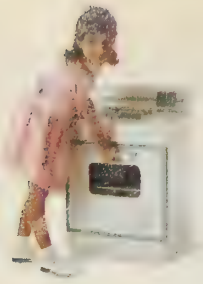
Can you tell which one?

r original Ready-Cut.® And we've brought excitement
stewed tomatoes by originating new styles like Italian,
xican and Cajun, rich with the zesty flavor of oregano,
il, peppers and spices.

Try them all, and give your family the special touch
W quality adds to any meal. Like all S&W products,
'll find our tomatoes are just what we've promised
y'd be since 1896: The best. All the time.



S&W®



When Did You Last Use Your Imagination While Cooking Turkey?

If it's been ages since a turkey recipe sounded exciting, you're in for a delightful surprise. Simply pick up our boneless, pre-cut fresh Breast Slices, Breast Tenderloins, Breast Roasts or Ground Turkey in your grocer's fresh meat case. And rediscover how easy it is to be creative with turkey.

Turkey Sauteéd With Pears & Pecans

1 pkg. (about 1 lb.)
TURKEY STORE™
Fresh Turkey Breast Slices
1 to 2 tbsp. olive oil
2 cloves garlic, finely chopped
1 tsp. cracked pink or
black peppercorns
½ tsp. salt (optional)
⅓ c. apple juice
2 tbsp. whipping cream
2 pears or apples, sliced ¼ inch thick
¼ to ½ c. pecan halves, toasted

Heat oil in 12-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place turkey breast slices and garlic in skillet. Cook about 1½ to 2 minutes on each side or until turkey breast slices are lightly browned. Sprinkle with peppercorns and salt. Pour in apple juice and cream over slices. Add pears. Cover; cook 1 to 2 minutes longer or until pears are heated. Sprinkle with toasted pecans. If desired, serve on a bed of hot fluffy rice. 4 servings.

Nutrition Information Per Serving (1/4 of recipe)—Calories 285, Protein 27 g, Carbohydrate 12 g, Fat 15 g, Cholesterol 81 mg, Sodium 315 mg.

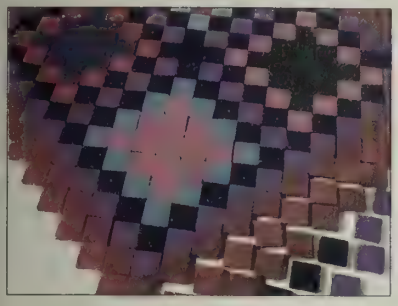
For a Turkey Store Cookbook, send $2.95 with your address to P.O. Box 1041-01, Loretto, MN 55306

©1990 Jerome Foods Inc





CERAMIC TILE UPKEEP



Once in place, ceramic tile doesn't need much attention.

You can cast away your cleaning woes with ceramic tile. Its easy-does-it upkeep consists of a quick wipe with a damp mop or sponge and you'll never need to wax or polish. Still, you'll want to know some shortcuts for handling special stains or problems. Here are a few:

- For moderate stains, clean tile with a window cleaner or mild solution of hot water and an all-purpose liquid cleaner. For heavily soiled surfaces, use a strong solution of the liquid cleaner. Rinse with water.
- Tiled showers demand weekly cleaning: Control mildew by spraying or wiping on household chlorine bleach and allowing it to stand for five minutes. Rinse thoroughly with clear water. Avoid powdered cleaners and steel-wool-type cleaning pads that leave particles behind.
- For coffee, tea, food, and juice stains, treat with household cleanser in hot water followed by hydrogen peroxide or household bleach.
- Dissolve fingernail polish stains with polish remover. If stains remain, apply liquid bleach. Rinse.
- Apply liquid household bleach to ink and liquid dye stains, letting it stand until the stain vanishes.

For more floor-care information, call the Flooring Industry Council at 800/422-4556. Or, order a floor-care handbook at the same number.

Photograph: Perry Struse. American Olean Tile

Before you decorate, read a good book first.



Open the pages of our free booklet, and open up the possibilities for decorating your bath or kitchen. The following manufacturers have color-coordinated their products for risk-free decorating: Kohler, Amana, Broan • Nautilus, Dal-Tile, Village Wallcoverings, Armstrong and Nevamar. For your free copy, write Kohler® Color Coordinates,™ Dept. 371, Drawer 459, Thiensville, WI 53092. Or call 1-800-772-1814.

KOHLER COLOR COORDINATES™

©1990 Kohler Color Coordinates

Midas China & Silver

Save Up To 60%
Call Toll Free 1-800-368-3153

STERLING
FACTORY NEW
Prices are for 4 Piece Sets

Gorham		Wallace International	
China Strasbourg Newport Scroll	109.50	Join of Arc, Rose Point, Prelude, Grand Colonial	119.50
Melrose Fairfax	139.50	Grande Baroque, Royal Danish	149.50
Towle		**Lunt**	
Old Master Chippendale	119.50	Modern Victorian, Wm. & Mary,	
French Provincial	119.50	Bel Chateau	149.50
King Richard	139.50	**Kirk Stieff**	
Queen Elizabeth	139.50	Repousse	134.50
Reed & Barton		Old Maryland Engr	
18th Century, Woodwind, English Chippendale	124.50	Stieff Rose	149.50
Francis 1st	139.50	Wm. Shell, Queen Anne, Golden Winslow	189.50

SILVERPLATE & STAINLESS

Reed & Barton		Oneida	
French Chippendale	39.50	Juilliard	27.50
Country French	24.50	Easton	27.50
1800	24.50	Dover	27.50
Dresden Rose	39.50	Classic Shell	27.50

Prices for 5 Piece Set

CHINA
FACTORY FIRST QUALITY
Prices are for 5 Piece Sets

Gorham		Doulton	
Ariana	49.50	Carlyle	109.50
Black Contessa	99.50	Princeton	69.50
Noritake		Harlow	99.50
Shenandoah	49.50	Albany	69.50
Barrymore	49.50	Sherbrooke	79.50
Rothschild	42.50	**Minton**	
Golden Cove	47.50	Bellemeade	84.50
Pacific Majesty	59.50	Jasmine	84.50
Gold & Sable	59.50	**Crown Derby**	
Aynsley		Carlton Blue	109.50
Cottage Garden	49.50	Derby Border	149.50
Pembroke	79.50	Old Imari	399.50
Leighton Cobalt	89.50	**Wedgwood**	
Lenox		Runnymeade	109.50
Rutledge	134.50	Amherst	74.50
Autumn	149.50	Bianca	119.50
Charleston	69.50	Osborne	89.50
Liberty	78.00	**Rosenthal**	
Spode - Worcester		Frederick	99.50
Christmas Tree	39.50	Eminence Cobalt	329.50
Evesham (6 piece)	37.50	**Hutschenreuther**	
Consul	122.50	Fleur de Lis	58.50
Mountbatten	133.00	White Baronesse	42.25

Midas also carries many other patterns and open stock pieces:

Department Store Bankruptcy Specials

Choose from these Towle Patterns, Old Master, French Provincial Chippendale, Ben Franklin, Old Colonial and these pieces

Ice Teaspoons	Any one	Tablespoon	Any one
Cream Soup Spoons	for	Pierced Tablespoon	for
Place Spoons	29.50	Cold Meat Fork	65.00
Pie Cake Servers		Gravy Ladle	

Sterling Flatware Sets
New From Factory

Southwind	99.50
Old Lace	99.50
Silver Flutes	99.50

Sterling Giftware

Old Master		Baby Cups	
Purse Mirror	13.00	#1077, Bunny Cup	49.50
Powder Box	19.00	#777 2" Cup	49.50
Bookmark	11.00	#10790 Barrel Cup	59.50

CRYSTAL

	Goblet or Champ.	Gorham	Goblet or Champ.
Baccarat		Lady Anne	17.00
Massena	74.50	Cherrywood	19.50
St. Remy	41.50	King Edward	17.00
Montaigne	40.00	Laurin Gold	11.00
Orrefors		Lolie	15.00
Prelude	29.00	Diamond	15.00
Illusion	24.50	Lady Madison	18.00
Mikasa		Royal Doulton	
Arctic Lights	19.25	Westminster	30.00
Olympus	19.25	Hampstead	30.00

Call for our free catalogue. Prices subject to change without notice. To order Call Toll Free 800-368-3151. Give us your major credit card number (Visa, MasterCard, Discover or American Express) and your order will be sent out by UPS. Shipping charges charges are $4.00 or 1% on Silver or $6.00 or 2% on China. To order by check just mail your check to the address below. In Maryland or D.C. area call 301 468 3888. Call Monday thru Friday 10:00 a.m. to 6:00 p.m.

Midas
4315 Walney Road, Suite 100, Chantilly, Va. 22021
Call Toll Free: 800-368-3153

PARTICIPATING DREXEL HERITAGE 87th ANNIVERSARY SWEEPSTAKES DEALERS

ALASKA

Anchorage
- Furniture Classics

ARIZONA

Phoenix
- Barrows Furniture Company

Prescott
- Barrows Furniture Company

Tempe
- Barrows Furniture Company

Tucson
- Barrows Furniture Company

CALIFORNIA

Concord
- Suburban House

Cupertino
- Suburban House

Fresno
- Berg Furniture
- Kirkwood's Design Gallery

Huntington Beach
- Homestead House

Irvine
- Homestead House

Laguna Hills
- Homestead House

Lompoc
- Linden's Inc.

Long Beach
- Homestead House

Los Angeles
- Homestead House

Menlo Park
- Flegel's Home Furnishings

Merced
- Slater's Furniture Galleries

Modesto
- Slater's Furniture Galleries

Montclair
- J.H. Biggar Drexel Heritage

Pasadena
- J.H. Biggar Drexel Heritage

Oakland
- Bermans Home Furnishings

Riverside
- J.H. Biggar Drexel Heritage

Roseville
- Suburban House

San Diego
- V.J. Lloyd

CALIFORNIA (cont'd.)

San Rafael
- Casa Marin, Inc.

Santa Barbara
- Garrett's Furniture

Santa Rosa
- Lings Home Furnishings

Solana Beach
- V.J. Lloyd

Woodland Hills
- J.H. Biggar Drexel Heritage

COLORADO

Aurora
- Homestead House

Boulder
- Homestead House

Broomfield
- Homestead House

Colorado Springs
- Homestead House

Fort Collins
- Homestead House

Lakewood
- Homestead House

Littleton
- Homestead House

NEVADA

Las Vegas
- Barrows Furniture Company

NEW MEXICO

Albuquerque
- Homestead House

OKLAHOMA

Oklahoma City
- Mathis Brothers Furniture

Tulsa
- Rich's of Tulsa

OREGON

Portland
- Paul Schatz Fine Furniture

Tualatin
- Paul Schatz Fine Furniture

TEXAS

El Paso
- Homestead House

Greenville
- Reep's Furniture Inc.

Longview
- Almand's

Lubbock
- Allen's Furniture

McGregor
- Gilmore and Davis, Inc.

McKinney
- Johnson Furniture

Paris
- Reep's Furniture Inc.

San Antonio
- Leonard's Furniture Company

Tyler
- Almand's

UTAH

Salt Lake City
- Eldredge Furniture

WASHINGTON

Bellevue
- Greenbaum Home Furnishings

Bellingham
- Greenbaum Home Furnishings

Bremerton
- Arnold's Home Furnishings

Lynnwood
- Greenbaum Home Furnishings

Richland
- Ennis Drexel Heritage

Seattle
- Greenbaum Home Furnishings

Spokane
- Ennis Drexel Heritage

Tacoma
- Greenbaum Home Furnishings

DREXEL HERITAGE

Because it's home.®

There's a place where you can make a statement without saying a word.



Don't miss the 87th Anniversary Sweepstakes.

This dining room from the Devoncourt collection by Drexel and many other fine selections will be specially priced for exceptional value. See your nearest participating dealer for details.

Please see the adjacent page for dealer listing. For a complimentary Devoncourt Brochure write Drexel Heritage Furnishings Inc., Dept. 490-2D, Drexel, NC 28619.

DREXEL HERITAGE

Because it's home.®

As I See It #10 in a series
Douglas Fraser
'Original View'
Acrylic on Canvas



THE BOLD LOOK
OF **KOHLER**.

Nothing new under the sun, you say? Look again. Our new Artist Editions light the way with original designs for those who can't fall in love. Shown here: Isis™ Lavatory with matching Antique™ Faucet. What's showing at your house? See Yellow Pages for Kohler Registered Showroom. For complete product portfolio and idea book, send $8 to Kohler Co., Dept. LHD, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. 289.

© 1990 by Kohler Co.

RANCH KITCHEN REDO
New light on an old style

It didn't take a wizard to turn this dungeon of a kitchen into the bright and shining heart of the home. The strategy was simple: install new, light-colored laminate cabinets for smooth, uncluttered surfaces, stain the dreary woodwork in the ceiling a lighter color, and open up the kitchen to natural light with new windows.

Back to the future

Ranch style homes provide good floor plans and modern convenience, but many were built in an era when dark wood and harvest gold ruled the color schemes of new homes. Nowadays, however, these low-slung, hard-working pioneers of the suburbs need not saddle you with dated styles and colors. In fact, the loose, rambling character of these homes is perfect for face-lifts that create the lighter, brighter looks favored today.

Our case in point: This kitchen, once a knotty-pine, Eisenhower-era nightmare, leaped into the '90s with light colors, streamlined design, and natural light.

Letting in the light

Desperately seeking sunshine, the homeowners installed a skylight before tackling any of the other tasks.



PHOTOGRAPHS JOAN VANDERSCHUIT DESIGN HELENE ZIMAN, ASID
REGIONAL EDITOR SHARON HAVEN

A skylight, new cabinets, and a whitewashed ceiling drove away the dreariness.

Major surgery came next. The space was stripped to the drywall and pale-blue laminate cabinets and Corian countertops were installed. A whitewash restaining on the plank-and-beam ceiling replaced the heavy, gloomy presence of dark brown wood with a lighter, more contemporary color scheme.

Reshaping spaces

The remodeling added extras almost all of us can use more of: storage and new electrical outlets. Another common problem this remodeling solved was opening up the runway-straight kitchen configuration. A short counter added between the kitchen and the eating area creates an open L shape from what had been a dead-end U-shape floor plan.

The result is a kitchen that's attractive enough to entertain in, and open enough to be the central core for family activities.



Triple-duty ovens offer convection, microwave, and conventional cooking.



An island on wheels rolls around on casters for portable food preparation.



The pass-through design of this cabinet speeds up table setting.



Make a personal statement.

Designing a new kitchen gives you a unique opportunity for self-expression. Not only is it a reflection of your functional needs, but of your personal sense of style as well.

Merillat kitchen cabinetry gives you both. We offer a world of styles, colors and finishes, from richly grained oaks to sleek laminates. And there's dozens of accessories to choose from, each specially designed to make your kitchen more attractive and easier to use.

For over 60 pages of kitchen ideas and helpful design hints, send $6 to: Merillat Kitchen Design & Planning Kit, Dept. BH10/90, P.O. Box 1946, Adrian, MI, 49221.

For Merillat dealer locations, call toll-free: 1-800-624-1250.

Come to the Kitchen Experts

Merillat®
AMERICA'S CABINETMAKER



Choice. Ask your children to define their desires for the dream rooms they will inhabit. Giant stuffed bunnies, a spot for drawing, a place for dancing, or a "marshmallow soft" bed may be some of the requests you hear.

Color. Draw out the special part of the rainbow with which your children wish to surround themselves. Active children tend to reach for blues and greens, colors that calm. Passive children may want red for a tonic effect.

Convertibility. Create rooms that grow with your children. Convertible furnishings such as stackable storage components, rolling carts, and retractable lighting can be rearranged for changing bodies and tastes.

The authors of *In My Room* believe that giving children free rein in decorating their room results in better behavior, neater habits, and better grades for older children. The book's brilliantly colored photographs show rooms that children designed with Mr. Torrice and the accompanying text describes the steps they took. Besides the success stories, the book provides useful information for the special needs of youngsters. Sleep, storage, and study areas are well covered, but you'll also find ideas for room-sharers and physically challenged children. Read, too, the authors' suggestions for special-interest areas that center around art, science, and personal grooming.

Finally, look for creative ideas on environments that grow with children and those that allow your kids to express themselves in their rooms.

To order the book *In My Room,* call 800/733-3000.

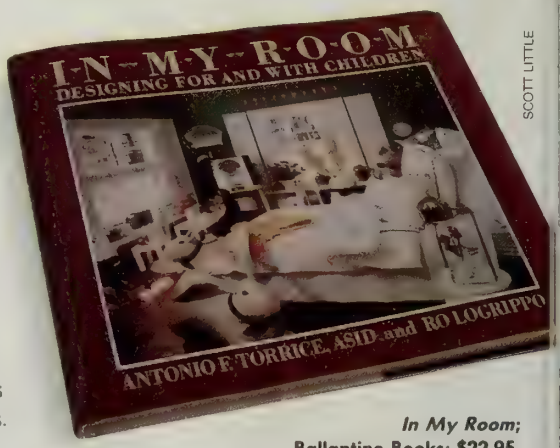
DECORATING

YOUNG-AT-HEART DESIGNING

It's easy to overlook this obvious first step when planning your kids' rooms: Ask the children. Get their input on colors that will be sure to please them and give them the furnishings that will function for their special needs. In their new book, *In My Room,* interior designer Tony Torrice and coauthor Ro Logrippo teach you how to collaborate with your children to create rooms that turn their childish dreams into everyday reality.

In Torrice's decorating scenario, your children have the leading roles. You, as parents, act more like cast members than a rapt audience. With your supporting roles, you ask questions, draw diagrams, provide paint and carpet swatches, and carry out the master plans your children concoct. The book guides you step-by-step through the creative process.

Torrice developed a "Three C's" formula for translating your children's notions into workable plans. Try them out at your house.



SCOTT LITTLE

***In My Room*;**
Ballantine Books; $22.95.

The more you know about your dog's day, the less you'll want to feed him supermarket pet food.



6 am: Sleeping and storing energy.

7 am: Dog needs to utilize energy stored during sleep.

8 am: Eating a balanced breakfast.

9 am: Requires fats in the diet to provide sustained energy.

10 am: Nature calls. Smaller stool means more nutrients absorbed by dog.

11 am: Tissues rebuild during naptime.



NOON: Vitamins in diet help clear eyes to spot mailman.

1 pm: Recharging batteries while sleeping.

2 pm: A healthy reward: Iams Biscuits.

3 pm: Needs fatty acids and proteins for thick, healthy coat.

4 pm: A pre-dinner nap.

5 pm: Greeting the troops.



6 pm: Needs balance of nutrients and fatty acids to keep nose and footpad leather pliable.

7 pm: Dinner should contain quality meat protein.

8 pm: Energy needs to be kept at optimal level.

9 pm: Nutrients replenish energy while sleeping.

10 pm: Good muscle tone achieved through good nutrition.

11 pm: Provides fiber which aids in proper digestion.



MIDNIGHT: In for the night.

1 am: Most dogs sleep eleven hours a day.

2 am: Nutrients repair muscles during sleep.

3 am: House patrol.

4 am: Proper diet provides amino acids and minerals for bone growth.

5 am: Let sleeping dogs lie.

In a typical day, your dog's energy demands can vary greatly. So he needs maximum nutrition from his food. And if your dog is eating supermarket pet food, he may not be getting the optimal nutrition found in every bag of Iams. And, isn't a proper diet one of the most important things you can do for your pet?

Iams uses only high quality meat protein, balanced with necessary fats, vitamins, carbohydrates, and minerals. All highly concentrated and digestible, which means more essential nutrients will be absorbed. And that efficiency pays off in a healthier dog. You can see it in his firm muscle tone, smaller stool, and shinier coat.

In other words, if we can get every dog to eat Iams, every dog really will have his day. Iams is not sold in supermarkets, but you will find it at pet stores, feed stores and veterinarians.

For more information, call 1-800-525-4267 (IAMS).

IAMS®

Special pet foods found only at special places.



The only place to make decorating decisions is in y

We walked through the house room by room and discussed possibilities.

Decorating a home is a very personal process. And providing the best decorating solutions for you and your home is what JCPenney Custom Decorating is all about.

Like each of our decorators, Anne Wilhelm can help you translate your ideas into a finished room. "When I first come into someone's home, I'll walk around room by room and talk about it. We'll establish a style for each room and then decide on the right fabrics. I often bring my installer. We always work as a team. Because a design is only perfect for a customer if it is installed perfectly.



"We designed a French flounce balloon valance for the guest room."

"When Stewart Solle called me, his home was still under construction, but he had a definite color scheme. At first the possibilities can seem endless. From the hundreds of fabrics, custom top treatments,

I always listen to my client's ideas before I make any recommendations.



"We started with the existing color scheme in his house."



Stewart Solle,
Half Moon Bay, California

"It's nice to work with someone you can trust."



Anne Wilhelm
Decorating Consultant
JCPenney Custom Decorating

...home.

draperies, pleated shades, vertical blinds, carpeting and even custom area rugs I was able to show Stewart, we began to narrow down the options.

Decorating takes teamwork and the sharing of ideas.

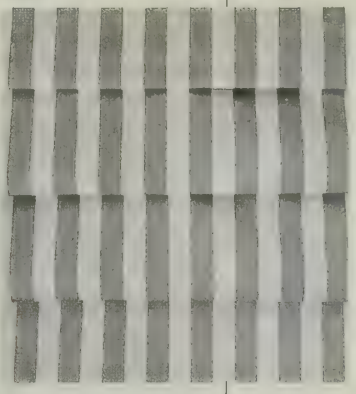
"Based on his choice of cabinets, tiling and wallpaper, we created a more dramatic scheme with draperies in another color.

"He wanted to keep an open view of the golf course from the family room. So we agreed on custom valances with bold gray and white stripes. But in the living room, he needed something very elegant and traditional. To accent the high ceilings, I suggested double balloon valances with bishop-sleeved draperies and sheers."



Our job is to bring fashion to life. We'll come to your home and get a feel for where you live. Listen to your ideas. And learn a little about your lifestyle and tastes. All at your convenience. And at no charge. Because the only way we can make decorating decisions that truly fit your personality is by putting ourselves in your place. So give us a call and great decorating ideas will come to you.





1-800-543-5436

JCPenney Custom Decorating

© 1990 Raynor Garage Doors



10 years, seven cars (five domestic, two imports),

two stock market crashes,

two yard sales, 2.3 children,

six rooms of furniture,

one Raynor™ Decade™ Garage Door.

RAYNOR DECADE DOORS
WARRANTED FOR AS LONG AS YOU OWN YOUR HOME.

No matter what happens in the years ahead, the beauty and reliability of a Raynor Decade garage door is warranted to last as long as you own your home. Warranty applies to door sections, not hardware. For the Raynor distributor nearest you, call 1-800-545-0455.

DECORATING

SCANDINAVIAN CHARM

Take a bright cue from the land of northern lights. There, clever homeowners combat limited sunlight with airy, summer-style interiors. This Scandinavian decorating technique mixes clean-lined furnishings with warm colors, buckets of whitewash, and bold geometric patterns splashed generously around the room. Follow these simple steps to a fresh, new look at your house.

Start with white walls and basic white furnishings. Equipped with a pullout trundle, this sleek platform bed works hard but doesn't clutter the room's simple style. Position it in the room so you can tuck a contemporary cube table in the bedside corner for display. Then, add a white wicker chair to seat guests comfortably and to cozy up the room.

Do your geometry. Checks, stripes, and clean-cut shapes pep up the room's white canvas. For the rosy checks on the wall, buy a small paint roller and a paint color that's barely blushing. Use a woodworker's level to pencil in correct vertical and horizontal lines for the 20-inch squares. Next, roll the color on loosely, leaving airy spaces, uneven edges, and a light, handmade look. Stripe up the bed with puffy pillows and a deeply quilted comforter. Then, put on a lively floor show with triangles and diamonds woven into an easygoing rug.

Flood in the light. The crowning glory of any room is its light. On windows, use minimal shades or nothing at all to let natural light work its way into the room during the day. Then, keep nighttime gloom at bay with a strong lamp or two. Here, a Japanese-style paper lamp from an imports store illuminates the room with moonlike enchantment.

Photograph: Mike Jensen. Design: Jeff and Solveig Peck
Regional editor: Trish Maharam



Charm a sleep spot with simple comforts: a bed, a chair, soft fabrics, and quiet colors.

Puritan® Whole Wheat Banana Bread

1¼ cups all-purpose flour
½ cup whole wheat flour
1 teaspoon baking soda
¼ teaspoon salt
½ cup sugar
¼ cup Puritan Oil
1 egg
1 cup mashed ripe banana (about 2 medium)
1 teaspoon vanilla extract
Vegetable cooking spray

Ultimate Chocolate Chip Cookies

BUTTER FLAVOR Crisco®

¾ cup Butter Flavor Crisco
1¼ cups firmly packed brown sugar
2 tablespoons milk
1 tablespoon vanilla
1 egg
1¾ cups all-purpose flour
1 teaspoon salt
¾ teaspoon baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces
Note: If nuts are omitted, use 1½ cups semi-sweet chocolate chips.

MANUFACTURER COUPON | EXPIRES 12-31-90

85682

SAVE 25¢
when you buy one any size
Puritan® Oil

25¢

85682

PROCTER & GAMBLE

5 37000 32225 7

85682

Mail-In Certificate Not Payable at the Retail Store

TRAIN LOAD OF SAVINGS

Limited Edition Procter & Gamble O Gauge Train Set by mail for $79.95 (plus $4.00 postage & handling) when you buy any three of the following products:

- Folgers® Vacuum or Instant Coffee
- Duncan Hines® Cake Mix
- Puritan® Oil
- Jif® Peanut Butter
- Crisco® Shortening
- Sunny Delight®

Offer expires November 1, 1990. Limit one request per name or address.

Train set includes: Procter & Gamble identified switcher engine, Puritan Oil van car on flatcar with separate truck tractor, Folgers covered hopper car, lighted Crisco caboose, track for a 27" x 45" oval track and electrical transformer. Train manufactured by K-Line. Made in China.

Enclosed are proofs of purchase from three of the following products: Folgers Vacuum Coffee (Con - cut the word Folgers from overcap, Bag - UPC code), Folgers Instant Coffee (inner seal), Jif Peanut Butter (freshness seal), Duncan Hines Cake Mix (net weight statement), Crisco Shortening (portion of the cash register receipt with the Crisco price circled and UPC number written on the back), Puritan Oil (entire front panel) or Sunny Delight (UPC from plastic sleeve or cardboard carton of the Sunny Delight package) -PLUS- this required certificate -PLUS- $83.95 ($79.95 + $4.00 postage & handling) check or money order made payable to Procter & Gamble Train Set.

Mail-In Certificate Not Payable at the Retail Store

Sunny Delight®

$1.00 Refund Offer

BUY: One 64 oz., 96 oz., 128 oz. or multi-pack of Sunny Delight® Florida Citrus Punch.

MAIL: This certificate, the Universal Product Code (UPC) symbol cut from the plastic sleeve or cardboard carton of the Sunny Delight package plus the cash register receipt with the purchase price circled.

RECEIVE: $1.00 by mail.

Offer expires November 15, 1990.

Enclosed is the proof-of-purchase from one 64 oz., 96 oz., 128 oz. or multi-pack of Sunny Delight Florida Citrus Punch (the Universal Product Code [UPC] cut from the plastic sleeve or cardboard carton of the Sunny Delight package), the cash register receipt with the purchase price circled, and this certificate.

Mail-In Certificate Not Payable at the Retail Store

Fall Baking Favorites Recipe Book Offer

- New 32 page recipe book from Duncan Hines, Crisco and Jif Peanut Butter
- Over 45 delicious recipes using Crisco, Duncan Hines Baking Mixes, and Jif Peanut Butter
- Full color photography
- Convenient 5½" x 8½" size

Only $1.00 for postage and handling.
(Details on back)

MANUFACTURER COUPON | EXPIRES 10-31-90

85703

SAVE 25¢
when you buy
Duncan Hines® Cake Mix

25¢

85703

PROCTER & GAMBLE

5 37000 33125 9

85703

Whole Wheat Banana Bread

1. Combine first 4 ingredients in a small bowl; stir well and set aside.
2. Combine sugar and Puritan Oil in a medium mixing bowl; beat at medium speed of an electric mixer 2 minutes or until well blended. Add egg; beat until light and lemon-colored.
3. With mixer running at low speed, add flour mixture alternately with banana, beginning and ending with flour mixture. Blend well after each addition. Stir in vanilla.
4. Pour batter into an 8 x 4 x 2-inch loaf pan coated with cooking spray; bake at 350°F for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 15 minutes in pan on a wire rack; remove from pan, and let cool completely on a wire rack.

Yield: 16 servings (about 120 calories per ½-inch slice).

PROTEIN 2.1 GMS./FAT 4 GMS./CARBOHYDRATE 19.4 GMS./CHOLESTEROL 17 GMS./IRON 0.5 GMS./SODIUM 93 GMS./CALCIUM 17 GMS.

Ultimate Chocolate Chip Cookies

1. Heat oven to 375°F.
2. Cream Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Blend until creamy. Blend in egg.
3. Combine flour, salt and baking soda. Add to creamed mixture, gradually. Stir in chocolate chips and nuts.
4. Drop rounded tablespoonfuls (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet.
5. Bake at 375°F for 8 to 10 minutes for chewy cookies (they will look light and moist – DO NOT OVERBAKE), 11 to 13 minutes for crisp cookies. Cool on baking sheet for 2 minutes. Remove to cooling rack.

3 DOZEN 3-INCH COOKIES

MANUFACTURER COUPON | EXPIRES 12-31-90

85682

SAVE 25¢

when you buy one any size **Puritan® Oil**

25¢

85682

CONSUMER: Redeem ONLY by purchasing the brand size(s) indicated. May not be reproduced. Void if transferred to any person, firm or group prior to store redemption. You pay any sales tax. Any other use constitutes fraud. **LIMIT ONE COUPON PER PURCHASE.**
DEALER: Sending coupons to **Procter & Gamble,** 2150 Sunnybrook Drive, Cincinnati, Ohio 45237 signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. Cash Value 1/100 of 1¢. 9010

PROCTER & GAMBLE

Please send my Procter & Gamble Limited Edition Train Set to:

Name _____

Address _____
(Please print clearly. Proper delivery depends on a complete and correct address.)

City _____

State _____ Zip _____

Place proofs of purchase, certificate and check or money order made payable to Procter & Gamble Train Set and mail to:
Procter & Gamble Train Set, P.O. Box 9916, Maple Plain, MN 55393.
Procter & Gamble Train Set Certificate (Cash Redemption Value 1/100 of 1¢).

PLEASE NOTE THESE ADDITIONAL TERMS:
1. OFFER GOOD ONLY IN U.S.A. 2. THIS CERTIFICATE MAY NOT BE MECHANICALLY REPRODUCED AND MUST ACCOMPANY YOUR REQUEST. 3. Your offer rights may not be assigned or transferred. 4. Limit one request per name or address. 5. OFFER EXPIRES NOVEMBER 1, 1990. 6. Please allow 6-8 weeks for delivery.

Please send my $1.00 check by mail to:

Name _____

Address _____
(Please print clearly. Proper delivery depends on a complete and correct address.)

City _____

State _____ Zip Code _____

Place in a stamped envelope and mail to:
Sunny Delight $1.00 Refund Offer, P.O. Box 4432, Maple Plain, MN 55393.

Sunny Delight $1.00 Refund Offer Certificate (Cash Redemption Value 1/100 of 1¢).

PLEASE NOTE THESE ADDITIONAL TERMS:
1. OFFER GOOD ONLY IN U.S.A. 2. THIS CERTIFICATE MAY NOT BE MECHANICALLY REPRODUCED AND MUST ACCOMPANY YOUR REQUEST. 3. Your offer rights may not be assigned or transferred. 4. Limit one refund per name or address. 5. OFFER EXPIRES NOVEMBER 15, 1990. 6. Please allow 6-8 weeks for delivery.

Fall Baking Favorites Recipe Book Offer

Order your Recipe Book. Send $1.00 for postage and handling (cash, check or money order) to:
Fall Baking Favorites Recipe Book Offer
P.O. Box 4715
Monticello, MN 55365-4715

Name _____

Address _____

City _____ State _____ Zip _____

Allow 6-8 weeks for delivery. Offer void where prohibited. Valid only in USA. Hurry! Offer expires October 31, 1991.

MANUFACTURER COUPON | EXPIRES 10-31-90

85703

SAVE 25¢

when you buy

25¢

85703

CONSUMER: Redeem ONLY by purchasing the brand size(s) indicated. Void if transferred to any person, firm or group prior to store redemption. You pay any sales tax. Any other use constitutes fraud. **LIMIT ONE COUPON PER PURCHASE.**
DEALER: Sending coupons to **Procter & Gamble,** 2150 Sunnybrook Drive, Cincinnati, Ohio 45237 signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. 9010

PROCTER & GAMBLE

TRAINLOAD OF $AVING$



Save on your favorite brands and...

LOOK FOR VALUABLE COUPONS AND OFFERS UNDER THE RECIPES

SAVE OVER $50.00 ON OUR MODEL TRAIN!



Receive a Limited Edition Procter & Gamble O Gauge Train Set* for only $79.95 (plus $4.00 postage and handling and three proofs of purchase). See offer certificate for details. Offer expires November 1, 1990.

Made in China.

K-LINE® ELECTRIC TRAINS

Italian made easy.

Put a taste of the regions of Italy on your table with these easy-to-make recipes from Classico® and Creamette.®







Thematics "Stand Out" Insert is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2255

Save 40¢



Welch's®
WHITE GRAPE JUICE

Enjoy the refreshing taste of white Niagara Grapes. Available in bottles and frozen sweetened concentrate.



LP WELCH'S
PPORT HOSPITALS
OVIDING BIRTH
FECTS TREATMENT.
LCH'S IS PROUD TO
KE A DONATION
R EVERY WELCH'S
UPON REDEEMED.
TH YOUR SUPPORT,
LCH'S CON-
IBUTIONS WILL
CEED $500,000.



What looks best on a conditioned body?

Conditioned skin.

Tone gently cleans. Rinses clean. And doesn't leave you feeling dry. Because Tone® has moisturizers that condition your skin. And that looks good on just about anyone.

Tone up with Tone.

© The Dial Corporation, 1990

Premiere "Start-Out" insert is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2255



Save on the latest in pleasure!



Newport Stripes

100's: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC Method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.



Twice as many dogs dig Meaty Bone.

Dogs prefer Meaty Bone's delicious meaty coating 2 to 1 over original Milk-Bone® dog biscuits. And since it cleans teeth just as well, you'll dig Meaty Bone too.

© 1990 Heinz Pet Products

Note: Original Milk-Bone® dog biscuits is a registered trademark of Nabisco Brands, Inc

LOOK GREAT • FEEL GREAT

#1 IN DOCTOR AND PHARMACIST RECOMMENDATIONS

Selsun blue DANDRUFF SHAMPOO

#1 MEDICATED DANDRUFF SHAMPOO

BUY ONE, GET ONE FREE

Buy 1 Get 1 Free

EXTRA MEDICATED

Selsun blue

Dandruff Shampoo

Helps Control Itching and Flaking

Selenium Sulfide 1%

Menthol 0.5%

7FL OZ (207ml)

5 formulas for all hair types

14 OUNCES FOR THE PRICE OF A 7 OUNCE BOTTLE

plus

Save an additional 75¢ with this coupon

Look for specially marked packages while supplies last at participating retailers

© 1990 ROSS LABORATORIES

LOOK GREAT • FEEL GREAT

LOSE WEIGHT and LOOK GREAT... with Dexatrim® and L'eggs®

FREE* L'eggs® Regular Pantyhose (Up to $1.99 retail value)

dexatrim®

GIVES YOU A GREAT PAIR OF L'EGGS®

See details on certificate on the side panel to receive a FREE* pair of L'eggs® Regular Pantyhose and $1.00 worth of coupons towards your next purchase of Maximum Strength DEXATRIM® Capsules or Caplets and L'eggs® Regular Pantyhose.

LONG LASTING FORMULA LOSE WEIGHT FAST

TIME RELEASE WORKS ALL DAY MORNING TO BEDTIME*

NOTHING WORKS HARDER TO HELP YOU LOSE WEIGHT

MAXIMUM STRENGTH dexatrim

VITAMIN C/CAFFEINE FREE

20 APPETITE CONTROL CAPSULES & DIET PLAN

*FREE WITH 50¢ POSTAGE AND HANDLING AND DEXATRIM® PROOF OF PURCHASE.

Double delicious cookies and brownies with EAGLE® BRAND and HERSHEY'S®



Easy to make.
Hard to resist.™



HERSHEY'S

©1990 Hershey Foods Corporation

BORDEN

IF IT'S BORDEN-IT'S GOT TO BE GOOD

© Borden, Inc., 1990

Lenox.



Shown smaller than actual size (Joseph 7¾")

A Christmas heirloom for your family

© Lenox, Inc. 1990

celebrate this Christmas and
ry Christmas to come. *The*
y Family, the first Nativity
lptures from Lenox.
The inaugural works in The
nox® Nativity Collection, these
perbly detailed imported
ulptures will be crafted by
nd in bisque-finished bone
na in the beautiful style of
ssic Renaissance art. To enjoy
em in your home this
ristmas, your order must
ch us by October 31, 1990.

573543

Please mail by October 31, 1990.

Please enter my reservation for *The Holy Family* sculptures, to be crafted for me in fine bone china.

I need send no money now. I will be billed in eight monthly installments of $17* each.

*Plus $4.25 per set of three sculptures for shipping and handling. Sales tax will be billed if applicable.

Mail to: Lenox Collections
P.O. Box 3020
Langhorne, PA 19093-0620

Name _____
PLEASE PRINT

Address _____

City _____ State _____ Zip _____

573543

☐ Check here if you prefer to have one charge of $136* applied to your:
☐ MasterCard ☐ VISA ☐ American Express

Acct. No. _____ Exp. _____

Signature _____

AUTUMN GREETINGS
Fall bounties that welcome



PEHRY STRUSE

The opulent colors and enticing textures of autumn beckon you to gather up their riches. Now transform these harvests into inviting decorations for your home.

SUNFLOWER WREATH

With or without the seeds, the curiously textured heads of sunflowers spark fascinating focal points in dried arrangements. For a dynamic decoration secure an assortment of sunflower heads to a straw wreath form.

What you'll need

- **Dried sunflower heads with short stems attached**
- **Straw wreath form**
- **Florist's wire**
- **6×45-in. strip of torn fabric**

Getting started

To determine what size straw wreath you'll need, lay the sunflower heads in a circle, overlapping them as they'll be on the final wreath. Measure the diameter to the center of the sunflower heads.

Make sure the sunflower heads are completely dry before starting. If necessary, trim the stems.

How to do it

Using lengths of florist's wire, attach the larger sunflower heads to the wreath base. Continue adding sunflower heads, overlapping them slightly, until all the exposed surfaces of the wreath base are covered.

Finishing touches

Tie the torn fabric strip into a bow and wire it to the top of the completed wreath. If the bow needs more body, apply spray starch and iron the fabric before tying it into a bow.

BUILD YOURSELF A WORKBENCH!



For 148 years, Stanley's been building tools that last a lifetime. In a couple of weekends, you can build a workbench that'll last just as long. It's a workshop classic you'll be proud to own and use.

Send for the brochure. You get detailed drawings, a complete materials list and plenty of helpful how-to's for the full-size bench, a child-size version, and a set of sturdy, professional-quality sawhorses. For a close-up look at the construction details and more work-saving hints, order the videocassette (1/2" VHS only), too.

Stanley, The Do-It-Yourself Company, is always ready to help you do things right. With hand tools, hardware, sockets and wrenches, cordless power tools, hot melt glue guns, programmable home controls, garage door openers, and replacement entry doors.

Order the plans and video today!

Just complete this coupon and mail with your check or money order in U.S. dollars. Please do not send cash or stamps. Postage and handling are included.

☐ Brochure for the Stanley workbench, child's bench and professional sawhorses
$4.95 value . . . . . ***just $1.00!***

Order both and SAVE!
☐ Workbench videocassette (1/2" VHS) plus brochure
$29.95 value . . . . . ***just $14.95!***

Please allow 4-6 weeks for delivery. Offer expires 6/30/91.

MAIL TO:
The Stanley Works, Advertising Services, Box 1800, Dept. BHG1090, New Britain, CT 06050

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

I'm enclosing a check or money order payable to The Stanley Works for $_____

© 1990, The Stanley Works

STANLEY
helps you do things right.®

 continued from page 100



RING OF ROSES

With their unruly stems wound into a diminutive circle, rambling rose branches extend a proper greeting. Playful loops of pastel ribbons echo the sunny colors of the clinging rose hips.

What you'll need

- Long rose branches
- Scissors or clippers
- Florist's wire
- Heavy gloves
- Double-faced satin ribbon in the desired colors

Getting started

Be sure to wear heavy gloves when working with the rose branches. We also suggest long sleeves and protective eyewear.

Leaves, rose hips, and buds add a lot of interest, so leave as many attached to the branches as possible.

How to do it

Twist the branches into a circle, entwining them so they lock together. Continue twisting them together until the wreath is full. If necessary, use florist's wire to hold some of the branches in place.

Finishing touches

To create a focal point, clip some of the rose hips, leaves, and buds from the upper portion of the wreath and tuck them into the lower quadrant.

Wrap ribbons around the wreath randomly and in opposite directions.



INDIAN CORN RISTRA

Ristras, the tightly braided ears of maize often seen in the Southwest, regally convey hospitality. Here it's done with the russet, amber, ebony, and bronze colors of multihued Indian corn.

What you'll need

- 12–18 ears of Indian corn
- Basin of warm water
- Scissors or knife
- Florist's wire

If the corn has more than 1 inch of stalk attached, trim it off. Also pull off any loose husks. To soften the husks, soak them in warm water.

This ristra is much easier to do with two people.

How to do it

Starting with 1 ear of corn, begin tightly braiding the husks. After about 2 inches of braiding, start braiding the husks of a second ear in with the husks of the first ear. Add a third ear, and continue adding more ears to opposite sides and the center of the ristra until it is the desired length. *Note:* This technique is similar to the French braiding technique done for hair.

Finishing touches

Wrap florist's wire tightly around the top of the last husks, fanning out the ends of the husks. Make a small wire loop at the back. Leave the ristra flat until it dries completely.

NOW'S A GOOD TIME TO INSTALL AN ELECTRIC HEAT PUMP.



Everyone knows that a high-efficiency electric heat pump keeps you warm in the winter. But what many don't know is that it also keeps you cool in the summer. So, you get year round comfort from a single piece of equipment. Equipment that is 3 to 4 times more efficient than gas. And because a heat pump uses less energy, it's also a good choice for a cleaner environment. Plus, a high-efficiency electric heat pump keeps the air in your home cleaner because there are no fumes. Which means you can build a tighter, better insulated house, with less heat loss and a more consistent temperature overall. If you plan to build or remodel, contact your electric utility for more information on energy efficient heat pumps. You'll find any time's a good time to install an electric heat pump.

Electricity. A better world is in your power.

© 1990 THE DRACKETT CO

Renuzit Freshell.®
The Latest Wave In Air Fresheners.

Renuzit Freshell. It's a beautiful shell on the outside. And inside it's a long-lasting air freshener...it freshens all day, all week, all month. The latest wave in air fresheners...Renuzit Freshell in a full line of delightfully fresh scents. Good-looking. Hard-working.



Now Available In Two New Potpourri Fragrances.

FROM RAFTERS TO RICHES

BY SUSAN SOUDER



THE ADAMS FAMILY REAPED A MULTI-PURPOSE RETREAT FROM THEIR ATTIC'S RAFTERS WITH CUSTOM BUILT-INS AND A WEALTH OF WINDOWS. TURN THE PAGE FOR SOME LOFTY IDEAS.

FROM RAFTERS TO RICHES

The foresight of Steve and Chris Adams four years ago now pays pleasure dividends. They didn't dream then of a jumbo window seat for curling up with the kids and a Mother Goose storybook—or a special hideaway for snoozing, sewing, or computer practice. But they listened to their builder when he suggested an unfinished "room to grow" over their new home's attached garage. Today, they're basking in the golden glow of an attic retreat.

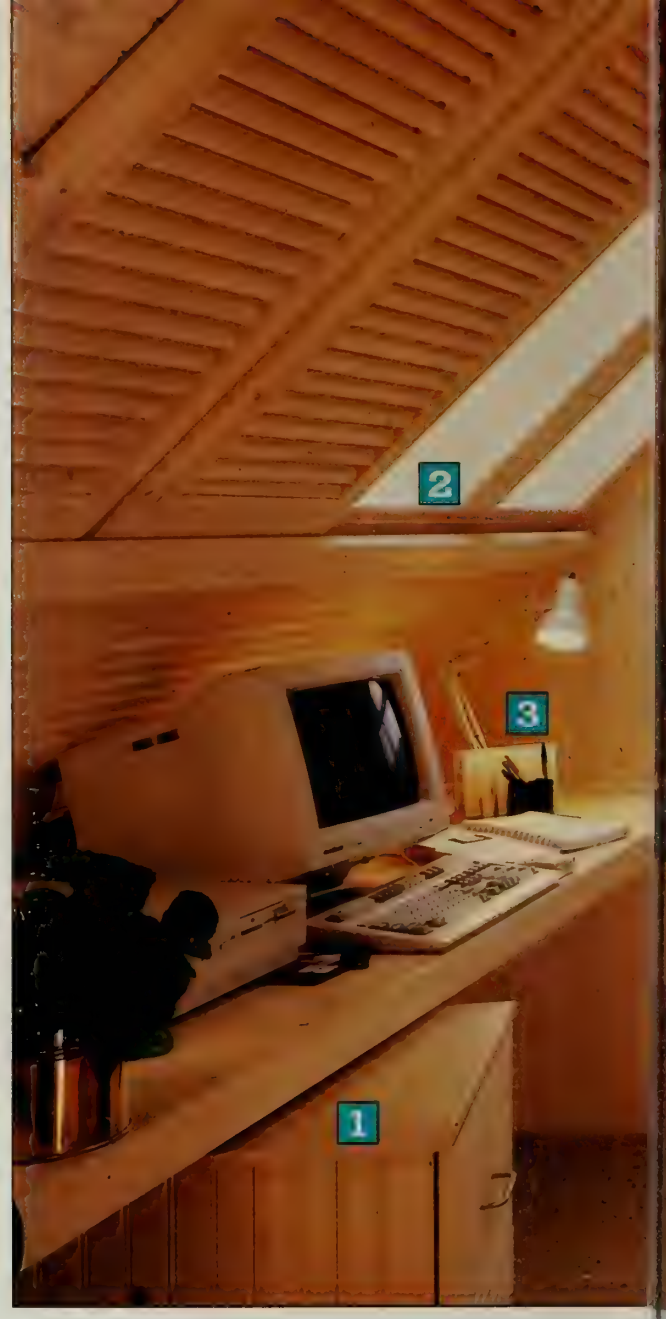
Portland interior designer Linda Czopek and the Western Wood Products Association teamed up to help transform the chilly, dark 17×9-foot attic. To make the most of the small space, Czopek designed built-in cabinetry and simple detailing into the remodeling plan. She chose 1×4 knotty pine paneling for the ceiling and two walls, and as the finish on all the built-in cabinetry. An ash-and-umber-mix oil stain gave the pine a softer personality. Four operable skylights and a big half-round window with casements scoop in the sun—and a sunny mood on rainy days.

Whether a sitting or sewing room, the attic always dishes up hardworking storage space. Beneath the window seat's standard-size twin mattress "cushion" is a roomy cedar chest. Built-in end tables also harbor storage units. Both kneewalls offer a counter and a mix of open and closed, adjustable shelving units and drawers. BH&G

Interior design: Linda Czopek, Czopek & Erdenberger. Contractor: Neil Kelly Company, Designers/Remodelers. Photos: Steve Cridland.
Regional editor: Cathy Howard

Buying information, page 174.

To order Project Plan 50879 for the build-it-yourself ideas shown in this room, see page 175.



1 MOBILE UNITS

A sewing cart and filing cabinet on full-swivel casters offer up extra work surfaces, then tuck away.



2 LIGHT CONTROL

Custom wooden shutters on rollers maintain the attic's clean lines while screening light.



3 HOME OFFICE

A built-in counter with outlets sets up for the work Steve brings home or for the kids' growing computer interests.



4 PULLOUT TV

A glide-out metal shelf swivels so Chris can watch her "soap" or a movie while she irons or sews.



5 SECRET STORAGE

Sh-h-h! A hidden compartment behind the kneewall locks up early holiday gifts and other valuables.



6 HIDEAWAY BOARD

Ironing is less of a chore from a sitting position. This unit folds into a drawer and slides out of sight.



THREE-RING SUCCESS
Decorating with sheets



PHOTOGRAPH: PERRY STRUSE. DESIGN: GARY BOLING

With sheets, your windows can enjoy overnight success.

It's sew simple. Solid percale sheets go the extra mile when it comes to covering your windows. And, they do it with a sense of style. These sheet panels swoop into dramatic folds, each panel suspended from only three rings. By day or night, light falls on the folds to give the draperies—and the room they grace—plenty of dimensional drama. An arty, oversize wood rod and sets of rings from *Kirsch* hold them in place.

Two double-size flat sheets are sufficient for a common double-hung window. To make them:

Install wooden rod brackets flush with the window casing. Slide a ring onto the rod and place it in brackets.

Measure the distance from the bottom of the ring to the floor for the length of the panels. If you choose to pool the panels on the floor, add 12 to 20 inches to this measurement (you may need to buy king-size sheets).

Sew each self-lining panel. Fold one of the sheets in half lengthwise, right sides together; stitch along the open edges to form a tube. Positioning the wide hem of the sheet at the bottom of the panel, measure and mark the finished height of the panels across the sheet. Stitch along this line to form the top edge (at this point the panel resembles a large pillowcase). Trim excess fabric a half inch beyond the stitching; turn the panel right side out, and press. Hand-stitch a ring to each side of the top edge of the panel, and a third ring in the center. Slide the rings onto rods and hang the panels.

MORTON SALT
"GIVE US A HINT"
CONTEST

OFFICIAL RULES

1. To enter, hand-print your name, address and zip code on the official entry form or 3" x 5" paper. On a separate 8½" x 11" piece paper describe how salt can be used in a helpful way in clean-up in various other useful ways in your household (include garden, garage, yard). *Do not include cooking, beauty or health-related suggestions.* Print or type your entry in 50 words or less. All entri must be contestants' original creations, and not published previou in any medium.

2. Enter as often as you wish, but each entry must be mailed separately and include the original UPC symbol from the Morton' 26-oz. Table Salt label. Mail to: Morton® Salt "Give Us A Hint" Co test, P.O. Box 1229, Skokie, IL 60076-8229. Residents of Arizor Florida, Maryland and Wisconsin need not include UPC symbol.

3. Contest starts 9/1/90, ends 1/15/91. All entries must be received by midnight, 1/15/91. Morton International, Inc. is not responsible for lost, late, illegible or postage-due mail. Entries be come the property of Morton International, Inc. and none will be returned.

4. Eligible entries will be judged by Product Exposure, Inc., an independent judging organization whose decisions shall be final Entries will be based on the following criteria:

Usefulness/Application	25%
Creativity	25%
Originality	20%
Ease of Procedure	15%
Significant Use of Salt	15%

Winners will be notified by mail by 2/28/91.

5. Prizes. All prizes will be awarded provided sufficient qualifyin entries are received. In case of any tie, entry with highest score f Usefulness/Application will be the winner, except that Wisconsi residents will be awarded duplicate prizes.

Grand Prize: $15,000 cash
1,000 First Prizes: Set of 4 Morton® Salt Girl Mugs, Sugar & Creamer. Value: $11.90/set
Total prize value: $26,900

6. Taxes are winners' responsibility. Limit one prize per househo No prize transfers, redemptions and no cash substitutions for th First Prize. If a prize is not generally available at program's end, a substitution of equal or greater value will be made at the choice Morton International, Inc. By entering the contest, winners agree the use of their names, likenesses and entry suggestions in any form for publicity, advertising and/or trade purposes by Morton International, Inc., its affiliates and agencies, without additional compensation. Winners acknowledge that Morton International, is the owner of the suggestions with all accompanying rights an may alter or amend them to meet Morton International, Inc. standa

7. Contest is open to U.S.A. residents 18 years or older. Void wh prohibited or restricted by law. Employees of Morton Internation Inc., its affiliates, advertising, promotion and publicity agencies, judges and their immediate families living in the same househol are not eligible. Affidavit of eligibility and release from liability m be required. Failure to comply with this condition within 21 days notification may result in forfeiture of the prize. All federal, state local laws and regulations apply. For the name of the Grand Prize Winner, send a self-addressed, stamped envelope to: Morton® S "Give Us A Hint" Winner, P.O. Box 1225, Skokie, IL 60076-8225 Sponsor: Morton Salt, Morton International, Inc., Chicago, IL 60606-1555.

Morton® Salt "Give Us A Hint" Contest
P.O. Box 1229
Skokie, IL 60076-8229

Enclosed is my hint on a separate 8½" x 11" piece of paper. I am also including the UPC symbol from the Morton® Salt 26-oz. package.

Name_____

Address_____

_____

City_____

State_____ Zip_____

Morton Salt
Morton International, Inc.
Chicago, IL 60606-1555



Have you forgotten how well she does housework?

Bet your mother or grandmother hasn't. Before the expensive sprays, solvents, cleansers and chemicals came along, homemakers across the country were using the natural cleaning and caring attributes of Morton® Salt all over the house. For example, Morton® Salt cleans silk flowers beautifully...puts the original glow back into brass and copper...gives that crystal vase a diamond-like sparkle again. And lots more.

So if you're using the Morton® Salt girl in the kitchen, it makes a lot of sense to let her help you around the house. Look for household hints on Morton® Salt packages and learn a thing or two your grandmother knew. Enter our Give Us A Hint Contest and you could clean up with a cash prize. Look for details opposite this page.



when it rains it pours®

© 1980 Morton Salt, Morton International, Inc.

WE MAKE WINDOWS FOR IMAGINATIONS THAT HAVE NO LIMIT

DECORATING

THE BIG PICTURE
Easy-to-make poster frames

Full of personality but low in cost, oversize posters wake up a wall—and a whole room. Trouble is, framing these big beauties can mean big bucks—unless you do it yourself. Here's how.

FABRIC FRAME-UP

Border a favorite poster with fabric for a punch of color, pattern, and style. To give your room a custom-finished look, you can choose fabric (or use inexpensive sheet yardage) that complements or copies other patterns in the same room. Here's all you do to make the simple fabric frame (*left*):



PHOTOGRAPHS: PERRY STRUSE. DESIGN: JERRY BROWN

Make a fabric frame to customize a poster and complement your decor.

Buy a cut-to-size piece of ¼-inch foam core (available at frame or art stores) or make a lightweight base from sturdy cardboard. The base should be 2 to 3 inches larger all around than the poster you're framing.



AND BUDGETS THAT DO.

At Marvin, we're known for our ability to create the unique and the unusual. But we also make over 8,000 standard size windows; each of which can be as energy-efficient and maintenance-free as you wish, thanks to a full range of glazing options and exterior finishes.

Getting what you want, exactly the way you want it. That's what is truly unique about a Marvin window. Whether it's one like the window on the right, or the one on the left.

For a look at the entire Marvin line, send for our free Idea Brochure. Or better yet, get our colorful, new 64-page "Before and After" Book, filled with case histories and exciting remodeling ideas. Send this coupon and your check for $4.95 to: Marvin Windows, Warroad, MN 56763. For more information or to order using MasterCard® or VISA,® call **1-800-346-5128.** In Canada, 1-800-263-6161.

Name_____ BHG-0011-10

Address_____

City_____ State_____ Zip_____

Phone ( )_____

Please send me:
____ Free Idea Brochure
____ 64-page, "Before and After" Book
($4.95, postage and handling included)





MADE TO ORDER **MARVIN WINDOWS**

Cut fabric 3 inches larger all around than the foam or cardboard base.

Center the foam core on the wrong side of the fabric. Stretch the fabric to the back, mitering the corners for a smooth fit. Snip any excess fabric from the corners. Glue the fabric to the back, taking care to keep the fabric taut and the grain of the fabric straight.

Have your poster dry-mounted at a local frame, art, or crafts store. Then, mount the finished poster to the front of the fabric-covered base with a spray-on adhesive.

Outline the poster with upholstery piping or cording to lend your project a professional-looking finishing touch. Available at crafts or fabric stores, these types of trims are offered in many prints, textures, and colors. Simply glue the trim around the poster's edge with a fabric adhesive.

Hang the finished project with two or three self-adhesive, hook-and-eyelet picture mounters or with a series of double-sided tape squares. These products are available at hardware, frame, or crafts shops.



A thin, plastic border doesn't fight with this poster's powerful image.

PLASTIC BORDER

A frame fashioned from a plain plastic tube gives the poster (*left*) a finished look, without stealing attention from the big-impact design. To make it:

Buy a length of clear or colored plastic tubing at a hardware store. Although it's available in many sizes and shades, we show ½-inch, clear plastic tubing.

Slit the tube along one side with a crafts knife.

Slide the tube onto one edge of a poster that's been dry-mounted on ¼-inch foam core. Cut the tube to fit the poster, mitering each end for a smooth fit. Repeat for all four sides.

Secure the tube frame to foam core backing with staples or straight pins.

Hang the finished project the same as the above fabric frame.

At-Home Entertaining

GREAT LOOKS FROM EVERYDAY ITEMS

BY JIM WILLIAMS AND JILANN SEVERSON

Let imagination and ingenuity take over when your stash of formal partyware falls short. Look to any surface and a mix-match of common wares for a comfortable, easygoing style. The unexpected attracts the attention.



PERRY STRUSE

DOWN-HOME DINING ROOM

New dinnerware mingles with old accessories on a country-style table where a rag rug doubles as a table runner, dish towels become oversize napkins, and pitchers cluster for the centerpiece.

Dinnerware, "Al Ronde Des Fruits" by Gien France from Baccarat; sterling flatware, "Malvern" by Lunt Silversmiths; Mexican stemware from Artesanos Imports.

continued on page 114



YOUR NEXT TRIP TO THE STORE COULD ALSO BE A TRIP DOWN MEMORY LANE.

¶ While you may not find many general stores like this anymore, fortunately you can still enjoy great tasting coffee. Introducing Maxwell House® 1892™ Slow Roasted Coffee–a blend inspired by the good old days and made that way too.

¶ Back then everybody took the time to slow roast their coffee. However, the art of slow-roasting is, sadly, an all but forgotten one. The truth is slow-roasting is the traditional way to bring out the full flavor and aroma of high grade coffee beans. It is time well spent, though, as the result is an uncommonly good cup of coffee–one that is both lusty and satisfying without being bitter.

SLOW ROASTED

¶ Next time you are shopping pick up a can of 1892™ Coffee and try it for yourself.

¶ And even though it probably will come from a supermarket, the taste just might bring back memories of stores like the one above.



© 1990 Kraft General Foods, Inc.

At-Home Entertaining

continued from page 112



JUST DESSERTS

A low-hanging lamp shines the spotlight on a kitchen table set for the final course. Stoneware with a folksy quality plays up to hand-painted porcelain. The colors tie it all together and guarantee rave reviews.

Platter and mugs, "Center Diamond" by Hartstone; dessert plates, "Martinique" by Rochard; flatware, "Facette" by Sasaki.



WORKBENCH BUFFET

Clear off the tools and bring on the china—a rustic workbench goes formal in the family room. The trough holds fruit and drink, and bench stop holes stow the silver.

Dinner plates, coffee server and cups, and soup bowls, "Regency Black" and stemware, "Classic Regency" both by Lenox; salad and dessert plates, "Silk Winds" by Noritake; silverplate flatware, "Embassy" by Reed & Barton.

Buying information, page 174.


"I'm throwing a party."
Funfetti™ Cake & Frosting with a packet of colorful sprinkles. Make Happy Birthdays even happier.
Pillsbury
Pillsbury Plus
Funfetti Cake Mix
Funfetti Frosting
Funfetti Frosting
Funfetti Frosting
© 1989 The Pillsbury Company.



Nothing beats the Original.

For over 40 years, Original MINUTE® Rice has been America's favorite instant rice. Because it's light and fluffy. Perfect every time — in just 5 minutes.

And whether it's part of a recipe or by itself, it carries off the meal in style. That's why today, the favorite is still MINUTE® Rice.

© 1990 Kraft General Foods, Inc.

YOU FEEL A CHILL FROM THAT FIRST BRISK OCTOBER EVENING, AND YOU WELCOME BACK YOUR WOOL SWEATERS, A CRACKLING FIREPLACE, AND THE HEARTY FOODS OF FALL. COMFORTING FAVORITES SUCH AS POT ROAST AND VEGETABLES, SIMMERING SOUPS, AND HOME-BAKED BREADS COME TO MIND. CELEBRATE THE SEASON WITH THESE AND OTHER SOUL-SOOTHING RECIPES, FEATURED ON THE FOLLOWING PAGES.

BY LISA HOLDERNESS

TASTES OF AUTUMN



MAPLE-GLAZED POT ROAST AND VEGETABLES WITH MINI GRUYERE PUFFS.

PHOTOS: MARK THOMAS. FOOD STYLIST: A. J. BATTIFARANO. PROP STYLIST: NANCY MICHLIN





RED CABBAGE WITH FENNEL
Fall-fresh fennel, with its mellow licorice flavor, pairs exquisitely with pork, beef, or game.

CHOUCROUTE GARNI
Savor the tangy sauerkraut, sausage, and apples in this easy French country dish.

LEEK AND PEPPER SPOON BREAD
When Southerners yearn for comfort food, this corn-pudding-style bread satisfies.
Recipes begin on page 134.



TASTES OF AUTUMN



PORK MEDAILLONS WITH BRANDY CREAM
Imagine tender, juicy pork drizzled with a silky, rich sauce. This one's worth serving on a special occasion.

WILD RICE AND CRANBERRY PILAF
This hearty pilaf, spiked with dried cranberries and almonds, cozies up to the Pork Medaillons.
Recipes begin on page 136.





TASTES OF AUTUMN

AMARETTO COMPOTE
Light, simple desserts can be elegant, too. Red pears and dried fruit in amaretto sauce is proof.

SWEET-POTATO PEAR PIE
Experience two of autumn's most treasured harvests, sweet potatoes and pears, baked in a pecan pastry crust.
Recipes begin on page 137.



CARAMEL ALMOND TORTE
What an irresistible dessert—almond cake layered with caramel filling and lavishly spread with whipped cream and caramel.

Recipe begins on page 141.
Buying information, page 174.

GUIDE TO FALL PRODUCE

Apples: When shopping for apples, remember that the varieties are truly different. For pie baking or sauce making, top choices this time of year include Golden Delicious, Jonathan, Rome Beauty, Newtown Pippin, and Winesap. For snacking or salad making, try McIntosh, Red Delicious, Cortland, Empire, or Golden Delicious.

Firm texture is key when selecting apples. Those that yield to slight pressure on the skin are probably mealy or mushy inside. Also check for smooth skin that is relatively bruise free.

Keep apples chilled in a vented plastic bag. Those stored at room temperature lose flavor and juiciness and become mealy.

Cranberries: Enjoy fresh cranberries from mid-September through December. These tart fruits vary in color from vibrant to dark red. Look for glossy, plump, and firm berries. Those that appear dull or shriveled are past their prime.

Chill cranberries in their original package or loosely covered for up to two months. Plan to buy extra during peak season to freeze for year-round use. Simply freeze in the package for up to a year. You needn't thaw the berries to use.

continued on page 130

At last, Simplesse® is here. (And only here.)



You've heard the news about Simplesse. The all natural ingredient that takes the place of fat while doing something never before possible. It puts back the taste.

Now, you can try Simplesse. Only in new Simple Pleasures.® It's everything you love about ice cream, but without the fat.

Simplesse is completely natural. Made with nothing artificial, nothing complicated. So products like ice cream, and soon salad dressing and mayonnaise, can taste just as rich, creamy and delicious as you've always loved them.

And since Simplesse® all natural fat substitute has no fat, there's no cholesterol. And a lot fewer calories.

Try Simplesse. Only in new Simple Pleasures. Any questions? Call 1-800-321-7254.

All Natural Simplesse® Fat Substitute

Enjoy it now. Only in new Simple Pleasures.

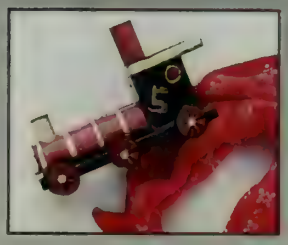
© 1990 The Simplesse Co. Not available in all areas.
Simple Pleasures, Simplesse, and the Simplesse symbol are registered trademarks of The Simplesse Co.



AD-1200

©1990 The Ashton-Drake Galleries, 212 West Superior Street, Chicago, Illinois 60610-9948

"Andy"



"Andy" loves to watch the big locomotives pull into the town station. Some day—if his dream comes true—he'll sit in the engineer's seat and blow the whistle of a real train. But for now, it's just as much fun to pretend.

"Andy" is the very first doll designed by award-winning artist Maryanne Oldenburg for the Knowles China Company, and is the first issue in a collection of dolls depicting the aspirations of children from a simpler time in history.

Quality Craftsmanship in Every Detail

"Andy's" head, arms, and legs are hand-cast of fine bisque porcelain. His rosy cheeks and nose, feathered eyebrows, and fine lashes are expertly hand-painted. Natural-looking freckles and expressive hand-set eyes add personality. "Andy" wears classic hand-tailored overalls with brass-like clasps, a knotted bandana around his neck, and a visored engineer's cap. Sitting barefoot in a playful position, he holds his hand-painted wooden engine. Each doll is hand-numbered and comes with a matching numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* by the Ashton-Drake Galleries, these distinctive features have earned "Andy" the highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once a doll's edition is sold out, those who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But a doll of superior artistry and craftsmanship—such as "Andy" with his Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Andy" is an original issue in an important Knowles collection, just as the exceptional closed-edition dolls in the chart below. "Andy" has similar credentials that make his potential for market success seem just as promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Andy" can be yours to cherish for only $68.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached Reservation Certificate. "Andy" is issued in an exclusive, hand-numbered edition. Once the edition closes, the molds will be destroyed and no more will ever be made, so order today.

Doll	Maker	Year of Issue	Issue Price	Auctioned Price*	Change
"Matthew"	Knowles	1989	$58	$275	+$217
"Little Jack Horner"	Knowles	1989	$63	$175	+$112
"Chen"	Knowles	1989	$68	$300	+$232

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the June 30, 1990 auction. Other resale prices may vary.

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
October 30, 1990

THE ASHTON-DRAKE GALLERIES
212 West Superior Street
Chicago, Illinois 60610-9948

YES, please enter my reservation for "Andy," first issue in the *Yesterday's Dreams* collection. Limit: One doll per customer. I understand that I need SEND NO MONEY NOW and will pay for the doll in four convenient monthly installments of $17.00* each, the first being billed before shipment.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Andy" to the Ashton-Drake Galleries at any time within *one full year* after I receive him for a refund or credit of the full purchase price, including postage.

X _____
Signature _____ Date _____

Name (please print) _____ ( ) Telephone

Address _____ Apt. No.

City _____ State _____ Zip

*Plus $2.94 home delivery fee and any applicable state sales tax. Canadian price: $98.00 plus $3.20 home delivery fee and any applicable provincial sales tax. Please allow 4 to 6 weeks for delivery.

76301-D81236

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of each serving and amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, and potassium help you keep tabs on what you eat.
- Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)
- When a recipe is high in fiber, we'll include grams of fiber per serving, too.

HOW WE ANALYZE

- We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for the analysis. The ingredient order does not mean we prefer one ingredient or the other.
- We use the first serving size listed for the analysis.

WHAT YOU NEED

- Use our analyses to chart the nutritional value of foods you eat and recipes you prepare. These guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (moderately active males and teens may need more calories):

- *Calories—2,000*
- *Protein—50 grams*
- *Fat—no more than 67 grams*
- *Cholesterol—no more than 300 milligrams*
- *Sodium—500 to 3,000 milligrams*
- *Fiber—20 to 30 grams*

- Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

TASTES OF AUTUMN

continued from page 128

GUIDE TO FALL PRODUCE

Fennel: Fennel season runs from October through April. Look for firm, white fennel bulbs with rigid, crisp stalks. Bright green leaves are also a key to freshness.

You can store fennel, unwashed, in a plastic bag for up to one week. Before using, trim the stalks to within 1 inch of the bulb and discard the outer stalks. Halve the fennel bulb and remove the tough core from the base of the bulb.

Snip the green fennel leaves and use as a seasoning for sauces, salad dressings, and soups and stews. Or, use them as a garnish.

Grapes: Table grapes are in the markets year-round. When buying grapes, choose those found in clusters with plump, well-colored berries on pliable green stems. Soft, wrinkled grapes or those with bleached areas around the stem are beyond their peak. Grapes should keep for several days, unwashed and chilled in a plastic bag.

Jerusalem artichokes: Also called sunchokes, these tubers are related to the sunflower plant. Raw, the Jerusalem artichoke has a nutty flavor. Cooked, it tastes more like an artichoke. Jerusalem artichokes are available fall through winter and will keep about a week if stored in a plastic bag in the refrigerator.

Parsnips: These creamy white, slightly sweet, carrot-shaped root vegetables are mainly available during the late fall and winter months. Small- to medium-width roots usually have the best flavor and texture. Other signs of quality include firm, well-shaped, smooth roots that are free of blemishes. To store, wrap tightly in plastic wrap and refrigerate for up to two weeks. Before cooking, wash and peel away the outer skin. Many parsnips are wax coated to extend storage.

Pears: Most varieties can be used for both cooking and eating fresh. Cooking favorites tend to be Bartlett, Bosc, and Nelis varieties. You'll enjoy Anjou, Comice, Forelle, and Seckel for eating fresh. Pears are harvested green because they do not mature well on the tree. Place pears in a paper bag and let them stand a few days at room temperature. Ripe pears should yield to gentle pressure at the stem end. When just ripe, enjoy them right away or chill till needed.

Persimmons: This oriental fruit comes in two main varieties, Hachiya and Fuyu. Both are orange but the Hachiya (the more common) is acorn shaped, large, soft when ripe, and very sweet. The Fuyu tends to be smaller, rounded, tannin-free, and crisp like an apple. Look for both varieties from September through December.

To ripen either variety, store at room temperature in a loosely closed paper bag. Then store in the refrigerator and use as soon as possible. Enjoy both varieties, unpeeled, and eaten out of hand or cut up in salads. You can wrap ripe persimmons in freezer wrap and freeze for up to three months to use them out of season.

continued on page 132



You don't need to do this...



To make chicken as delicious as this.

SHAKE'N BAKE®
NO MSG.
NATURALLY SEASONED.
WHY FRY?™

25¢ OFF ON ANY SIZE/FLAVOR OF SHAKE'N BAKE® SEASONING AND COATING MIX WITH SHAKER BAG.

TO THE RETAILER: This coupon good only on purchase of product indicated. Any other use constitutes fraud. **COUPON NOT TRANSFERABLE. LIMIT—ONE COUPON PER PURCHASE. To the retailer:** KGF will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with KGF Redemption Policy C-1, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by KGF. Cash value 1/20¢. Mail to: Kraft General Foods, P.O. Box 103, Kankakee, IL 60902.

8H0KW8N0K 33

5 43000 42225 5

KRAFT GENERAL FOODS, INC.

MANUFACTURER'S COUPON

OFFER EXPIRES 3/31/91



TASTES OF AUTUMN

continued from page 130

Pomegranates: From September through December, look for pomegranates about the size of a small grapefruit. They should be reddish-green in color. The heavier the fruit, the better, as this is a sign of juiciness. The inside of this unusual fruit is filled with a wealth of translucent, vivid red pouches (called arils), each encompassing a tiny seed. It is these sweet, juicy arils that you scoop out and savor. You can freeze the arils for later use or keep the pomegranate whole and chill for up to three months.

Squash: While some winter squash varieties may be found all year, most are primarily available from September through March. Some of the more common varieties include acorn, butternut, banana, hubbard, and pumpkin. Look for squash with hard, thick shells that feel heavy for their size. When buying pumpkins for cooking, pick those smaller in size. To store squash, keep all varieties whole and unwrapped in a cool (50 degrees F.), dry, dark place for up to two months.

Sweet potatoes: Is it a sweet potato or a yam? Actually, these names are used interchangeably in American markets. Shop for firm, smooth-skinned yams, free from blemishes. Store in a cool (50 degrees F.), dry, well-ventilated spot for up to two months or at room temperature for a week. *Do not refrigerate uncooked potatoes.* In most locations, sweet potatoes are available all year with the summer months yielding the lowest supply.

Swiss chard: A member of the beet family, Swiss chard is grown for its lush, full-flavored leaves. Pick leaves that are fresh and free from bruises and store up to three days, unwashed, in the refrigerator. Swiss chard is most plentiful fall through spring. Fresh Swiss chard tastes wonderful in salads. Or, add it to soup or serve it cooked like spinach.

Turnips: A close relative to cabbage, this mild-flavored root has existed for centuries. From October through March is peak turnip season, although you may find turnips available year-round. Look for turnips that are about 2 to 3 inches in diameter, firm to the touch, and fairly heavy. Avoid those that have bruised or decayed areas. Keep turnips chilled for up to one week. Before using, wash and cut off the outer skin.

Rutabagas: Often rutabagas and turnips are used interchangeably, although the rutabaga is larger and stronger flavored. Yellow rutabagas usually have a bronze-colored skin and the white variety has a green skin.

Shop for this root vegetable from October through March. Select firm, unblemished rutabagas 3 to 4 inches in diameter and refrigerate up to one week. Before cooking, peel away the wax-coated skin down to the inner flesh of the root.



AUTUMN RECIPES
(Pictured on pages 117-124.)

MAPLE-GLAZED POT ROAST AND VEGETABLES

The flavorful maple-orange glaze adds a gorgeous sheen to the beef roast and the harvest vegetables—

- **2½- to 3-lb. beef chuck pot roast *or* boneless beef round rump roast**
- **1 Tbsp. cooking oil**
- **½ cup maple *or* maple-flavored syrup**
- **1 tsp. finely shredded orange peel**
- **½ cup orange juice**
- **2 Tbsp. white wine vinegar**
- **1 Tbsp. Worcestershire sauce**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1 bay leaf**
- **5 medium carrots *or* parsnips, peeled and cut into 3-inch pieces (or, use a combination of both)**
- **2 small onions, cut into wedges**
- **2 stalks celery, bias sliced into 2-inch pieces**
- **1 medium acorn squash**
- **¼ cup water**
- **2 Tbsp. cornstarch**

● **Trim excess fat** from roast. In a Dutch oven brown roast on all sides in hot oil; drain fat. Combine maple syrup, orange peel, orange juice, vinegar, Worcestershire sauce, salt, pepper, and bay leaf. Pour over roast. Bring to boiling; reduce heat. Cover and simmer over low heat for 1¼ hours.

● **Add carrots or parsnips,** onions, and celery to meat mixture. Cover and simmer for 15 minutes. Meanwhile, rinse squash; cut horizontally into ¾-inch-thick slices. Halve slices. Discard seeds and stem. Add squash; cover and simmer 10 to 15 minutes more or till meat and vegetables are tender. Remove meat and vegetables from pan, discarding bay leaf. Cover and keep warm.

● **Measure pan juices,** reserving *1¾ cups.* Return reserved juices to pan. Combine water and cornstarch; stir into pan juices. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Spoon atop meat and vegetables. Makes 8 servings.

Nutrition information per serving: *380 cal., 28 g pro., 34 g carbo., 15 g fat, 90 mg chol., 246 mg sodium, 827 mg potassium, and 4 g dietary fiber. U.S. RDA: 163% vit. A, 37% vit. C, 29% thiamine, 25% riboflavin, 26% niacin, 11% calcium, 25% iron.*

MINI GRUYÈRE PUFFS

A cross between popovers and cream puffs, these little puffs get their marvelous rich flavor from Gruyère cheese, a nutty, creamy yet firm cheese from Switzerland—

- **1 cup water**
- **½ cup margarine *or* butter**
- **¾ tsp. dried basil, crushed**
- **¼ tsp. garlic salt**
- **⅛ tsp. ground red pepper**
- **1 cup all-purpose flour**

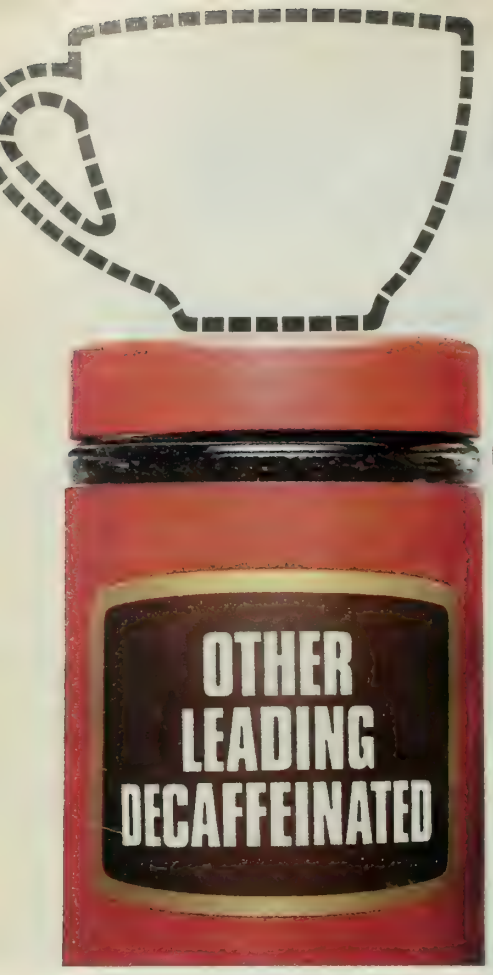
continued on page 134

With  in the flexible serving canister, you can serve  or up to  . It's easy because one  equals one delicious  of Stove Top® stuffing. So with  in the flexible serving canister, the number of  is up to you.



Stove Top® in the canister

GENERAL FOODS
1990 General Foods Corporation



IS YOUR DECAFFEINATED AS DARK AS OURS?

Start with one teaspoon of both. But just because the amounts are equal doesn't mean the results will be. Mountain Grown Folgers® dark, sparkling Crystals are the difference.

SO DARK AND RICH, SHOULDN'T YOU SWITCH?



©1990 The Procter & Gamble Company

TASTES OF AUTUMN

continued from page 132

4 eggs
½ cup shredded Gruyère *or* Swiss cheese (2 oz.)
2 Tbsp. grated Parmesan cheese

● **In a medium saucepan combine** water and margarine or butter. Add basil, garlic salt, and red pepper. Bring to boiling. Add flour all at once, stirring vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat. Cool 5 minutes.

● **Add eggs, one at a time,** beating with a spoon after each addition till smooth. Stir in Gruyère cheese.

● **On a greased baking sheet drop** dough by rounded tablespoons into 18 equal mounds, about 2 inches apart. Sprinkle with Parmesan cheese.

● **Bake in a 400° oven** 30 to 35 minutes or till golden. Turn off oven; let puffs stand in oven 10 minutes. Serve hot. Makes 18 puffs.

Nutrition information per puff: *103 cal., 3 g pro., 6 g carbo., 7 g fat, 51 mg chol., 118 mg sodium, 29 mg potassium. U.S. RDA: 12% vit. A.*

RED CABBAGE WITH FENNEL

For more about fennel, an anise-flavored vegetable, see page 130—

2 medium fennel bulbs
1 clove garlic, minced
2 Tbsp. margarine *or* butter
1 cup water
2 Tbsp. white vinegar *or* lemon juice
1½ tsp. instant chicken bouillon granules
¼ tsp. onion salt
¼ tsp. white pepper
¼ cup red wine vinegar
¼ cup water
6 cups coarsely shredded red cabbage
4 tsp. cornstarch
2 Tbsp. water

● **Remove green tops** from fennel. Rinse; pat dry. Snip enough to make *2 teaspoons.* Reserve remaining tops for a garnish. Cut bulbs into wedges.

● **In a medium saucepan cook** garlic in hot margarine or butter 1 minute. Add fennel bulbs, the 1 cup water, vinegar or lemon juice, the 2 teaspoons snipped fennel tops, bouillon granules, onion salt, and white pepper. Bring to boiling; reduce heat. Cover and simmer for 12 to 14 minutes or till fennel wedges are tender.

● **Meanwhile, in a large saucepan** bring red wine vinegar and the ¼ cup water to boiling. Add red cabbage. Cover and cook for 8 to 12 minutes or till cabbage is tender. Drain. Transfer to a serving platter.

● **Remove fennel bulbs** from liquid with a slotted spoon; place atop red cabbage. Combine cornstarch and the 2 tablespoons water; add to fennel cooking liquid. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Pour sauce over cabbage and fennel. Garnish with remaining fennel tops. Serves 4 to 6.

Nutrition information per serving: *106 cal., 3 g pro., 12 g carbo., 6 g fat, 0 mg chol., 598 mg sodium, 520 mg potassium, and 2 g dietary fiber. U.S. RDA: 92% vit. A, 113% vit. C, 10% thiamine, and 12% calcium.*

CHOUCROUTE GARNI

Precooked potatoes and sausage speed this easy one-skillet dish to your table—

- **8 oz. fully cooked polish sausage *or* fully cooked smoked bratwurst, bias sliced into 3-inch chunks**
- **2 slices bacon, cut up**
- **⅓ cup chopped onion**
- **1 clove garlic, minced**
- **⅓ cup dry white wine**
- **2 tsp. brown sugar**
- **1 tsp. caraway seed**
- **¼ tsp. pepper**
- **⅛ tsp. ground cloves**
- **1 16-oz. can sauerkraut, rinsed and drained**
- **1 16-oz. can sliced potatoes, drained**
- **8 oz. fully cooked ham, cut into ½-inch cubes**
- **2 medium green *or* red apples, cored and cut into 8 wedges each**

● **If desired, cut** 2 or 3 horizontal slits in each sausage chunk so that they are still attached but easier to break apart when eating. Set aside.

● **In a 10-inch skillet cook** bacon, onion, and garlic till onion is tender but not brown. Drain. Stir in wine, brown sugar, caraway seed, pepper, and ground cloves. Add sauerkraut and potatoes. Top with polish sausage or bratwurst, and ham.

● **Bring mixture to boiling;** reduce heat. Cover and simmer for 20 minutes. Add apple wedges and cook about 8 minutes more or till apples are tender. Makes 4 main-dish servings.

Nutrition information per serving: *439 cal., 26 g pro., 34 g carbo., 22 g fat, 74 mg chol., 1,842 mg sodium, 863 mg potassium, and 5 g dietary fiber. U.S. RDA: 44% vit. C, 80% thiamine, 24% riboflavin, 47% niacin, 25% iron.*

LEEK AND PEPPER SPOON BREAD

Spoon bread puffs as it bakes just like a soufflé. Serve it steaming hot from the oven, with a spoon of course—

- **1 medium leek, thinly sliced**
- **½ cup chopped sweet red pepper**
- **2 Tbsp. margarine *or* butter**
- **2 cups milk**
- **1½ cups yellow cornmeal**
- **3 beaten egg yolks**
- **1 cup cream-style cottage cheese**
- **1 cup shredded provolone cheese *or* Swiss cheese**
- **1 8½-oz. can cream-style corn**
- **½ tsp. salt**
- **3 egg whites**

● **In a large saucepan cook** leek and red pepper in hot margarine or butter for 4 minutes. Combine the milk and cornmeal; add to the saucepan. Cook, stirring constantly, till mixture is very thick and pulls away from sides of pan. Remove from heat.

● **In a mixing bowl combine** egg yolks, cottage cheese, provolone or Swiss cheese, corn, and salt. Stir into cornmeal mixture in saucepan.

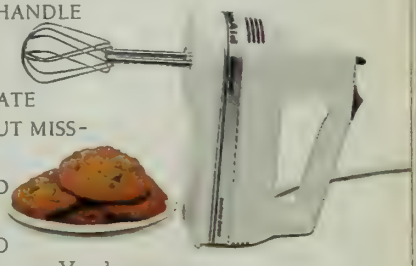
● **In a medium mixer bowl beat** egg whites with an electric mixer on high speed till stiff peaks form (tips stand straight). Fold into cornmeal mixture. Spoon mixture into a greased 2-quart casserole. Bake in a 350° oven 55 to 60 minutes or till a knife inserted near the center comes out clean. Serve immediately. Makes 8 side-dish servings.

continued on page 136



OUR NEW HIGH PERFORMANCE COMPACT.

YOU'D EXPECT A NEW HAND MIXER GOOD ENOUGH FOR KITCHENAID® TO BE STRONG. DURABLE. AND BUILT TO LAST. YOU'D EXPECT IT TO HANDLE STIFF COOKIE DOUGHS—EVEN CHOCOLATE CHIP—WITHOUT MISSING A BEAT. TO BE DESIGNED SO CLEANING'S A SNAP. AND SO IT WON'T TIP OVER. YOU'D EXPECT IT TO BE MADE WITH THE SAME HIGH QUALITY AS OUR BIG MIXERS.



THE NEW KITCHENAID® HAND MIXER. IT'S EXACTLY WHAT YOU'D EXPECT.

KitchenAid®
FOR THE WAY IT'S MADE.™

FOR LITERATURE WRITE KITCHENAID, DEPT C-1M, P.O. BOX 3900, PEORIA, IL 61614

TASTES OF AUTUMN

continued from page 135

Nutrition information per serving: *287 cal., 14 g pro., 32 g carbo., 11 g fat, 99 mg chol., 540 mg sodium, 278 mg potassium, and 3 g dietary fiber. U.S. RDA: 26% vit. A, 26% vit. C, 25% thiamine, 34% riboflavin, 14% niacin, 27% calcium, 10% iron.*

PORK MEDAILLONS WITH BRANDY CREAM

Look to the harvest dinner menu box (this page) to see this impressive entrée as part of a complete meal—

1 2- to 2½-lb. boneless pork loin roast
Pepper
⅓ cup chicken broth
1 Tbsp. chopped shallot *or* green onion
¼ cup whipping cream
¼ cup brandy *or* cognac
½ cup unsalted butter, cut into small pieces and softened
1 Tbsp. lemon juice
¼ tsp. salt
⅛ tsp. white pepper
12 3-inch chives (optional)

● **Rub pork roast with pepper.** Place on a rack in a shallow baking pan; insert a meat thermometer. Roast in a 325° oven till the meat thermometer registers 160° (allow 26 to 31 minutes per pound).

● **Meanwhile, for sauce,** in a medium saucepan combine chicken broth and shallot or green onion. Bring to boiling; reduce heat. Cover and simmer 2 minutes. Add whipping cream and brandy. Simmer, uncovered, over medium heat 10 minutes or till sauce is reduced to *⅓ cup.* Remove from heat. Strain sauce; return sauce to pan.

● **Add butter to sauce,** one piece at a time, stirring constantly with a wire whisk. Stir in lemon juice, salt, and white pepper.

● **To serve, slice** meat across the grain into 18 slices. Place 3 slices on each dinner plate; spoon sauce atop meat. Top with chives. Makes 6 servings.

Nutrition information per serving: *446 cal., 29 g pro., 4 g carbo., 34 g fat,*

An Elegant Harvest Dinner Menu

●

Pork Medaillons with Brandy Cream
Wild Rice and Cranberry Pilaf
Sourdough or French bread
Steamed baby pattypan squash
Fumé Blanc or Chardonnay wine
Amaretto Compote
Coffee and Tea

●

For a special autumn dinner, enjoy this complete menu, including complementary wine selections. The pork medaillons and the pilaf can share the same oven, since they both cook at the same oven temperature. Steam the squash easily by cutting into halves and micro-cooking, covered, in 2 tablespoons water till crisp-tender. While the pork and pilaf are cooking, use the range top to make the brandy cream and Amaretto Compote. Serve the compote with purchased tea cookies, if desired.



149 mg chol., 210 mg sodium, 415 mg potassium, and 0 g dietary fiber. U.S. RDA: 23% vit. A, 83% thiamine, 33% riboflavin, 48% niacin.

WILD RICE AND CRANBERRY PILAF

More varieties of dried fruits are available to sweeten your cooking. To mail-order dried cranberries and cherries, see page 175—

- ¾ **cup wild rice**
- 3 **cups chicken broth**
- ½ **cup pearl barley**
- ¼ **cup snipped dried cranberries, apricots, *and/or* cherries**
- ¼ **cup currants**
- 1 **Tbsp. margarine *or* butter**
- ⅓ **cup sliced almonds, toasted**

● **Rinse rice** with cold water; drain. In a saucepan combine rice and chicken broth. Bring to boiling; reduce heat. Cover; simmer 10 minutes. Remove from heat. Stir in barley; cranberries, apricots, and/or cherries; currants; and margarine or butter. Spoon into a 1½-quart casserole.

● **Bake, covered,** in a 325° oven for 55 to 60 minutes or till rice and barley are tender and liquid is absorbed, stirring once. Fluff rice mixture with a fork; stir in almonds. Makes 6 side-dish servings.

Nutrition information per serving: *223 cal., 8 g pro., 36 g carbo., 6 g fat, 1 mg chol., 415 mg sodium, 306 mg potassium, and 5 g dietary fiber. U.S. RDA: 13% riboflavin, 25% niacin.*

AMARETTO COMPOTE

Red-skinned pears, one of the newer varieties, give this warm fruit medley a rich fall look—

- 2 **cups water**
- 1 **cup dried, pitted prunes**
- ½ **cup dried apricots**
- 2 **medium pears (preferably red skinned), cored and sliced into wedges (1½ cups)**
- 1 **cup Amaretto**
- ¼ **cup sugar**
- 1 **tsp. shredded lemon peel**

● **In a medium saucepan combine** water, prunes, and apricots. Bring to boiling. Remove from heat and let stand for 15 minutes. Drain, reserving *½ cup* of the liquid.

● **In the same saucepan combine** the reserved liquid, pears, Amaretto, sugar, and lemon peel. Bring to boiling; reduce heat. Cover and simmer for 8 to 10 minutes or till pears are crisp-tender. Stir in prunes and apricots; heat through. Spoon into 4 individual serving dishes. Serve warm. Makes 4 servings.

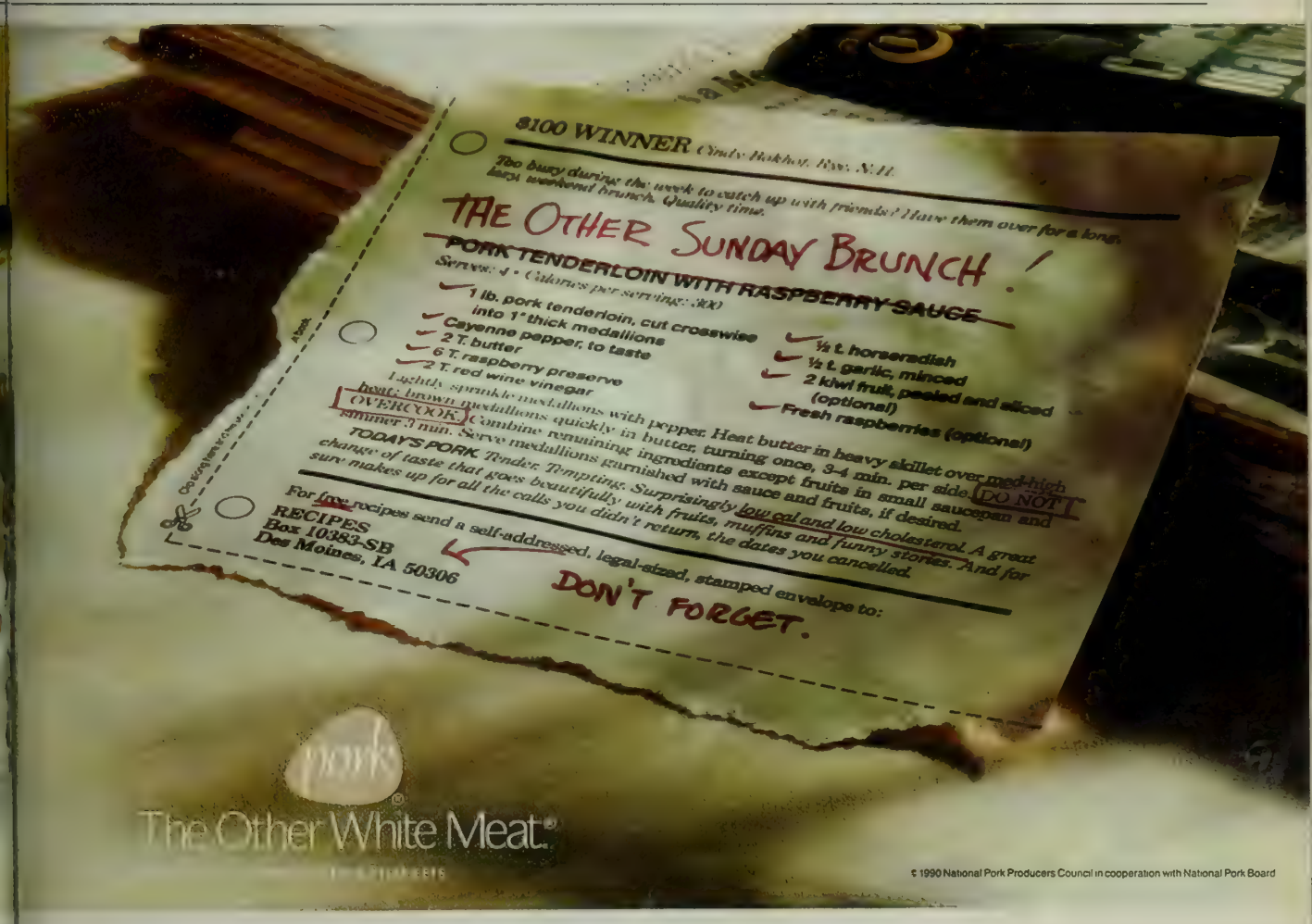
Nutrition information per serving: *446 cal., 2 g pro., 88 g carbo., 1 g fat, 0 mg chol., 8 mg sodium, 597 mg potassium, and 7 g dietary fiber. U.S. RDA: 24% vit. A, 10% riboflavin, 10% niacin, 11% iron.*

APPLE BUTTER MUFFINS

To keep on top of busy mornings, freeze a batch of these muffins. To defrost, place 2 muffins on a paper towel. Micro-cook, uncovered, on 100% power (high) for 50 to 60 seconds—

- 1¾ **cups all-purpose flour**
- ⅓ **cup sugar**
- 2 **tsp. baking powder**
- 1 **tsp. apple pie spice* *or* pumpkin pie spice**

continued on page 138



TASTES OF AUTUMN

continued from page 137

- ¼ tsp. salt
- 1 beaten egg
- ¾ cup milk
- ¼ cup cooking oil
- ⅓ cup apple butter
- ⅓ cup chopped pecans
- 2 Tbsp. sugar

● **In a medium mixing bowl combine** the flour, the ⅓ cup sugar, baking powder, apple pie spice or pumpkin pie spice, and the salt. Make a well in the center.

● **Combine the egg, milk, and oil;** add all at once to flour mixture. Stir just till moistened.

● **Lightly grease muffin cups** or line with paper bake cups. Spoon a rounded *tablespoon* of batter into each muffin cup. Top each with a rounded *teaspoon* of apple butter and then with the remaining batter.

● **Combine pecans** and the 2 tablespoons sugar; sprinkle atop batter. Bake in a 400° oven about 20 minutes or till golden. Remove from pans; serve warm. Makes 12 muffins.



You'll find a tasty pocket of apple butter nestled inside each fresh-baked muffin.

*For the apple pie spice, you can substitute ½ teaspoon *ground cinnamon,* ¼ teaspoon *ground nutmeg,* ⅛ teaspoon *ground allspice,* and a dash *ground ginger.*

Nutrition information per muffin: *187 cal., 3 g pro., 27 g carbo., 8 g fat, 19 mg chol., 106 mg sodium, 83 mg potassium. U.S. RDA: 18% thiamine.*

SWEET POTATO PEAR PIE

Give pie a whole new look and prepare this dessert in a springform pan. You can substitute a 9-inch round cake pan, if needed, and serve this unique pie from the pan—

- 1 cup all-purpose flour
- ¾ cup finely ground pecans
- 2 Tbsp. brown sugar
- ½ tsp. salt
- ⅓ cup shortening
- 3 Tbsp. cold water
- 2 small pears, peeled, cored, and thinly sliced, *or* one 16-oz. can pear slices, drained
- 2 Tbsp. granulated sugar
- 1 Tbsp. all-purpose flour
- 1 18-oz. can vacuum-packed sweet potatoes *or* one 16-oz. can pumpkin
- 3 beaten eggs
- 1¼ cups milk
- ¾ cup packed brown sugar
- 1 tsp. ground cinnamon
- ¼ tsp. salt

● **In a medium mixing bowl combine** the 1 cup flour, ground pecans, the 2 tablespoons brown sugar, and the ½





Clever new

GENERAL FOODS USA

*Of all nationally advertised brands.

© 1990 General Foods Corp

teaspoon salt. Cut in shortening till pieces are the size of small peas. Sprinkle *1 tablespoon* of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball.

● **On a lightly floured surface, roll** dough from center to edges, forming an 11-inch circle. Ease pastry into a 9-inch springform pan and pat in place with fingers. Pastry should cover bottom of pan and 1½ inches up sides. Trim edges, if necessary. Set aside.

● **Toss pear slices** with granulated sugar and the 1 tablespoon flour; arrange in pastry shell.

● **Drain and mash sweet potatoes.** In a large mixing bowl combine sweet potatoes or pumpkin, eggs, milk, the ¾ cup brown sugar, cinnamon, and the ¼ teaspoon salt.

● **Place pastry shell** with pears on oven rack; carefully pour in sweet potato filling. Bake in a 375° oven for 55 to 60 minutes or till a knife inserted near the center comes out clean.

● **Cool on a wire rack** for 15 minutes; loosen crust from sides of pan. Cool 30 minutes more; remove sides of pan. Cool completely. Chill to store. If desired, top with whipped cream and chopped pecans. Makes 8 servings.

Nutrition information per serving: *439 cal., 7 g pro., 62 g carbo., 19 g fat, 83 mg chol., 287 mg sodium, 473 mg potassium, and 4 g dietary fiber. U.S. RDA: 71% vit. A, 32% vit. C, 28% thiamine, 26% riboflavin, 12% niacin, 13% calcium, 14% iron.*



Enjoy a smooth and tangy blend of autumn's bounty in a homemade soup.

HARVEST SQUASH AND APPLE SOUP

Puree acorn squash or pumpkin with cider and top with sour cream for this exquisite first-course soup—

½ cup chopped onion
1 small carrot, sliced (⅓ cup)
1¾ cups apple cider *or* apple juice
1 tsp. instant chicken bouillon granules
1 tsp. lemon juice
¼ tsp. ground ginger
¼ tsp. white pepper
2 cups cooked, mashed acorn squash* *or* one 16-oz. can pumpkin
1 cup milk *or* light cream
Dairy sour cream (optional)
Snipped chives (optional)

● **In a large saucepan cook** onion and carrot in apple cider or juice, covered, for 12 minutes or till very tender. *Do not drain.* Add bouillon granules, lemon juice, ginger, and pepper.

● **Transfer to a blender container** or food processor bowl. Add mashed squash; blend or process till smooth.

continued on page 141



ways to disguise nutrition.

ids love the taste of new Berry Blend TANG FRUIT BOX® so much, they never suspect there's nutrition hidden inside. While it isn't a substitute for a balanced diet, Tang is the only drink box with all-natural flavors, a full day's supply of Vitamin C and four other essential vitamins.* And Tang has no preservatives or artificial colors.

Tang Fruit Box.® Nutrition in disguise.™

BRAND JUICE BEVERAGE

Reynolds® Oven Cooking Bags

UNFLAPPABLE CHICKEN.



UNFLAPPABLE CHICKEN.

- 1 large-size (14″ × 20″) Reynolds® Oven Cooking Bag
- 2 tablespoons flour
- ⅓ cup water
- ½ teaspoon each basil leaves, thyme leaves and seasoned salt
- 1 medium onion
- 2 medium baking potatoes
- 4 medium carrots
- 1 medium green or red pepper
- 8 chicken pieces
- Seasoned salt, pepper, paprika

Preheat oven to 375° F. Shake flour in Reynolds Oven Cooking Bag; place in 13×9×2-inch baking pan. Add water, basil, thyme and seasoned salt to bag. Squeeze bag to blend ingredients. Cut onion and potatoes into 8 wedges each. Slice carrots and cut red pepper into cubes. Add vegetables to bag. Turn bag to coat vegetables; arrange in an even layer. Sprinkle chicken with seasonings; place in bag. Close bag with nylon tie. Make 6 half-inch slits in top. Bake 50 to 55 minutes, or until tender. Makes: 4 servings.

WHOLE CHICKEN VARIATION: Substitute one 3 to 4 pound whole chicken for chicken pieces. Place chicken in bag after blending flour, water and seasonings. Place vegetables in bag around chicken. Bake 1 to 1¼ hours or until chicken is tender.

For FREE chicken recipes, write The Reynolds Wrap Kitchens, P.O. Box C-32003, Dept. A-162, Richmond, VA 23261-2003.



Don't fly around basting and tending your chicken. Use a Reynolds® Oven Cooking Bag and your chicken will turn out perfect every time, all by itself. And there's no messy pan or oven to clean.

Find Reynolds® Oven Cooking Bags next to Reynolds Wrap® aluminum foil in your s

Real cooking. Why make it tough?

TASTES OF AUTUMN

continued from page 139

Return squash mixture to saucepan. Add milk or light cream. Bring to boiling, stirring constantly. Reduce heat; cover and simmer for 5 to 10 minutes or till flavors are blended, stirring once or twice.

● **Top each serving** with 3 small dollops of sour cream. To make design in photo on page 139, starting in the center of each dollop, use a wooden skewer or pick and pull it through the soup just far enough to make little spokes. Garnish with snipped chives. Makes 4 to 6 side-dish servings.

*To cook acorn squash, wash, quarter, and remove seeds from two 1-pound acorn squash. Place squash in a large saucepan with 1 cup *water.* Bring to boiling and reduce heat. Cover and simmer for 20 to 25 minutes or till squash is tender.

Or, to micro-cook the squash; wash, halve, remove seeds, and prick the skin. Place squash halves, skin side up, and 3 tablespoons *water* in a 12x7½x2-inch microwave-safe dish. Cover with vented plastic wrap. Micro-cook, covered, on 100% power (high) for 12 to 15 minutes or till tender, rearranging once. Drain.

Nutrition information per serving: *166 cal., 4 g pro., 37 g carbo., 2 g fat, 6 mg chol., 273 mg sodium, 822 mg potassium, and 4 g dietary fiber. U.S. RDA: 50% vit. A, 28% vit. C, 26% thiamine, 12% riboflavin, 10% niacin, 18% calcium, 10% iron.*

BRANDIED CIDER SIPPER

For a spicier sipper, let the spice bag steep in the cider for several minutes after heating through—

1 qt. apple cider *or* apple juice
3 Tbsp. honey
2 Tbsp. lemon juice
4 whole cloves
1 whole nutmeg
1 2-inch-piece stick cinnamon
¼ to ⅓ cup brandy

• • •

6 cinnamon stick stirrers (optional)
6 lemon slices, halved (optional)

● **In a medium saucepan combine** apple cider or apple juice, honey, and lemon juice.



For a memorable autumn afternoon with friends, serve cups of hot cider.

● **For spice bag, place** the cloves, nutmeg, and cinnamon in a double thickness of cheesecloth. Bring up the corners of the cheesecloth and tie cheesecloth with a string. Add spice bag to cider mixture.

● **Cover and heat through** but *do not boil.* Remove spice bag and discard. Stir in brandy.

● **Serve the warm cider** in mugs with cinnamon stick stirrers and lemon slices. Makes six 6-ounce servings.

Nutrition information per serving: *135 cal., 0 g pro., 32 g carbo., 0 g fat, 0 mg chol., 6 mg sodium, 211 mg potassium, and 0 g dietary fiber.*

CARAMEL ALMOND TORTE

6 egg yolks
1½ cups sugar
½ cup apple cider *or* apple juice
2 tsp. vanilla
1 tsp. baking powder
½ tsp. ground cinnamon
6 egg whites
2 cups graham cracker crumbs
1 cup ground almonds
1 recipe Caramel Sauce
1 recipe Caramel Cream Cheese Filling (see page 142)
1 recipe Sweetened Whipped Cream (see page 142)

● **In a small mixer bowl combine** egg yolks, *1 cup* of the sugar, the apple cider or juice, vanilla, baking powder, and cinnamon. Beat with an electric mixer on medium speed about 3 minutes or till light and fluffy. Wash the beaters thoroughly.

● **In a large mixer bowl beat** egg whites on medium speed till soft peaks form (tips curl). Beat on high speed, slowly adding remaining sugar, till stiff peaks form (tips stand straight).

● **Fold the yolk mixture** into the egg white mixture. Fold cracker crumbs and almonds into egg mixture, a fourth at a time.

● **Divide batter evenly** among 3 well-greased and floured 8-inch round baking pans. (If necessary, use two 8-inch pans. Refrigerate *one-third* of the batter while the first 2 layers are baking. Bake remaining layer as directed.)

● **Bake in a 325° oven** for 25 to 30 minutes or till cake springs back when lightly touched near the center. Cool on a wire rack for 10 minutes. Loosen sides; remove cake layers from pans. Cool thoroughly on wire racks.

● **Place one cake layer** on a cake plate; spread with *half* of the Caramel Cream Cheese Filling. Top with second layer; spread with the remaining filling. Top with last layer. Frost the top and sides with the Sweetened Whipped Cream. Drizzle with the remaining Caramel Sauce. Makes 12 to 14 servings.

Caramel Sauce: In a small saucepan combine ⅔ cup packed *brown sugar* and 1 tablespoon *cornstarch.* Add ¼ cup *apple cider* or *apple juice* and ¼ cup *margarine* or *butter.* Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. In a small bowl beat 1 *egg yolk;* gradually stir in *½ cup* of the hot brown sugar mixture. Return the egg mixture to the saucepan. Cook and stir till bubbly; reduce heat. Cook and stir for 2 minutes more. Remove from heat; cover and cool. Makes ¾ cup.

Use *½ cup* of the Caramel Sauce for the Caramel Cream Cheese Filling. Use remaining sauce to drizzle atop the Sweetened Whipped Cream. If necessary, thin the remaining Caramel Sauce with 1 to 2 teaspoons *apple*

continued on page 142

Taste And Enjoy California Ripe Olives



Don't Worry About Cholesterol Or Calories*

These delicious appetizers, pizza and salad necessities and kids' finger toppers contain fewer calories and less fat than you think.

*Six Large size Ripe Olives (a 25 gram serving) contain approximately 2.7 grams of fat that is 75% monounsaturated, no cholesterol and only about 30 calories.

For a FREE complete nutritional analysis of California Ripe Olives

Write To: CALIFORNIA OLIVE INDUSTRY
DEPT. NF 90-B
P. O. BOX 7796
FRESNO, CA 93747

California Olive Industry

©1990

To: (PLEASE PRINT)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TASTES OF AUTUMN

continued from page 141

cider or *apple juice* to make of drizzling consistency.

Caramel Cream Cheese Filling: In a bowl beat one 8-ounce package *cream cheese* till fluffy. Gradually beat in *½ cup* of the Caramel Sauce.

Sweetened Whipped Cream: In a small chilled mixing bowl combine 1 cup *whipping cream,* 2 tablespoons *sugar,* and ½ teaspoon *vanilla.* Beat till mixture mounds slightly and soft peaks form. Makes 2 cups.

Nutrition information per serving: *503 cal., 8 g pro., 60 g carbo., 27 g fat, 172 mg chol., 294 mg sodium, 244 mg potassium, and 1 g dietary fiber. U.S. RDA: 34% vit. A, 26% riboflavin, 13% calcium, 10% iron.*

Cooking Helpers

To order the following items, see *page 175:*

- **Dried cherries and cranberries**
- **A 9-inch springform pan**
- **Meat thermometer**

OCTOBER RECIPE INDEX

AUTUMN RECIPES

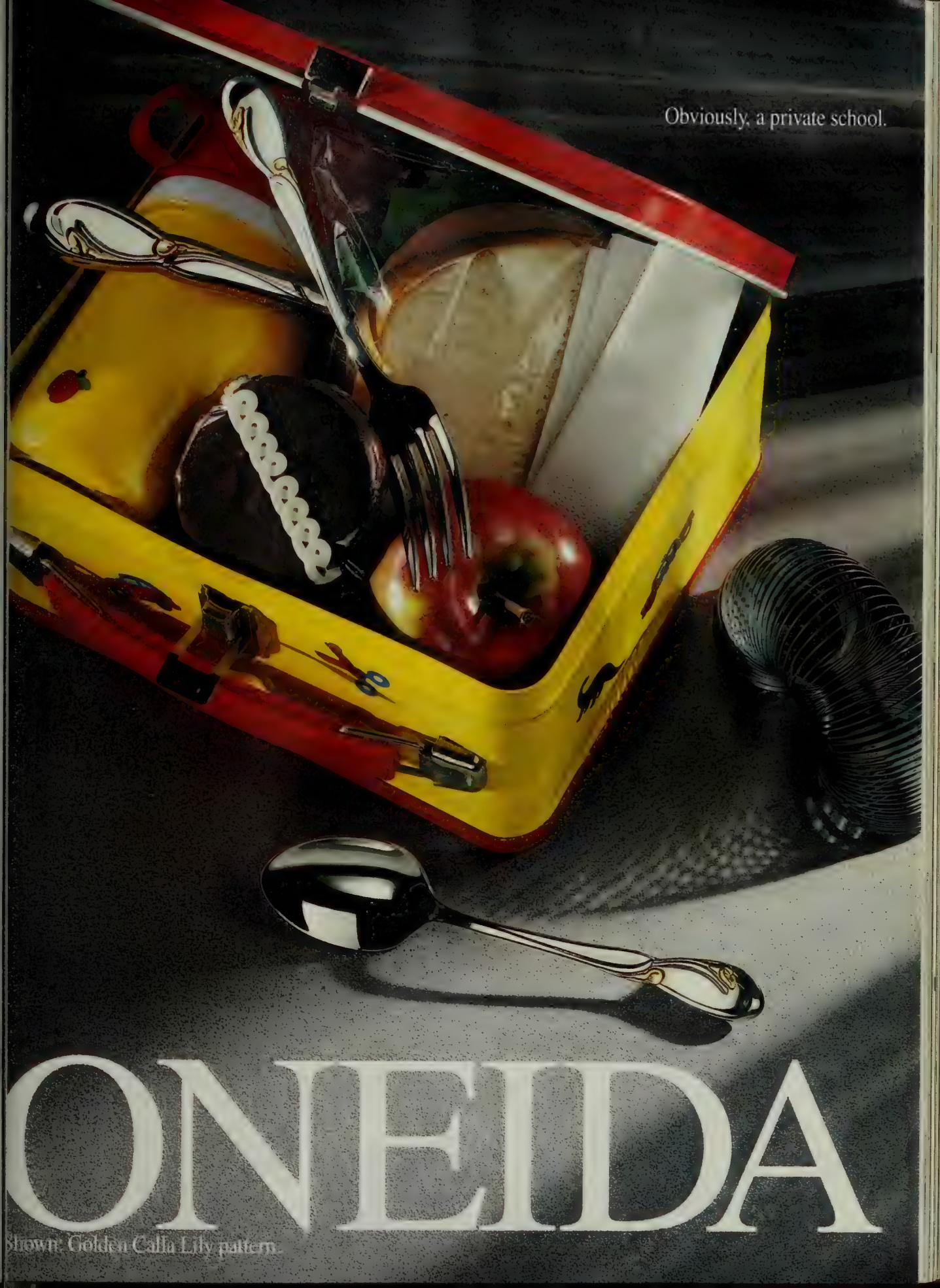
Amaretto Compote 137
Apple Butter Muffins 137
Brandied Cider Sipper 141
Caramel Almond Torte 141
Caramel Cream Cheese Filling 142
Caramel Sauce 141
Choucroute Garni 135
Harvest Squash and Apple Soup 139
Leek and Pepper Spoon Bread 135
Maple-Glazed Pot Roast and Vegetables 132
Mini Gruyère Puffs 132
Pork Medaillons with Brandy Cream 136
Red Cabbage with Fennel 134
Sweet-Potato Pear Pie 138
Sweetened Whipped Cream 142
Wild Rice and Cranberry Pilaf 137

GOOD FOOD, GOOD HEALTH

Beef with Dijon Sauce 39

PRIZE TESTED RECIPES

Berlin Scalloped Potatoes 145
Chocolate Malt Bars 146
Cranberry-Pecan Bars 145
Lemon Dill Potatoes 146


Obviously, a private school.
ONEIDA
Shown: Golden Calla Lily pattern.

The Flavor Of The Orient Since 1630



SALT WAS THE FIRST CONDIMENT KNOWN TO MAN. DO YOU KNOW THE SECOND?

The earliest ancestor of present day soy sauce was documented in classics centuries ago. Making soy sauce perhaps the second condiment ever to attend a meal.



Once stored in cedar barrels, Kikkoman Soy Sauce is among the oldest living brands in history.

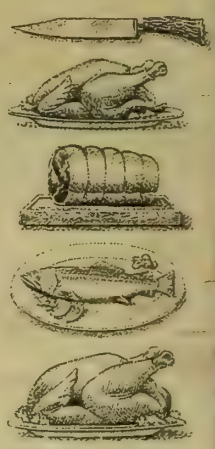
Of course, we know the history of soy sauce isn't a subject that crosses your mind every day.

But, we think, the *way* we make soy sauce is a story to be mindful of the next time you go shopping. Unlike most soy sauces, which are produced in a matter of days, Kikkoman Soy Sauce is naturally brewed for nearly six months. Soybeans are blended with wheat in a mash and then fermented.

What results is a natural, aromatic flavor that celebrates (not conceals) the taste of your favorite foods. For those of you watching your sodium intake, we offer Kikkoman Lite. The same naturally brewed flavor, but with forty percent less salt.

Further food for thought. Kikkoman Soy Sauce isn't only for Oriental cooking. Quite the contrary.

How many ways can one use Kikkoman? Have fun answering that one. To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS2A, P.O. Box 784, San Francisco, CA 94101.



Whatever you cook and however you cook it, cooking with Kikkoman Soy Sauce elevates the essence of meats to a glorious level.





WIN MONEY FOR YOUR RECIPES
See Page 148 For Details



BEST-EVER BAR COOKIES

File under Cookies
October, 1990

$200 WINNER *Barb Frye, Burnsville, Minn.*

CRANBERRY-PECAN BARS

Barb makes several batches of these bars during cranberry season, freezes them, and keeps them on hand for holiday company and gift giving—

1 cup all-purpose flour
2 Tbsp. sugar
⅓ cup margarine *or* butter
1 cup finely chopped pecans
1¼ cups sugar
2 Tbsp. all-purpose flour
2 beaten eggs
2 Tbsp. milk
1 Tbsp. finely shredded orange peel
1 tsp. vanilla
1 cup chopped cranberries
½ cup coconut

In a medium mixing bowl combine the 1 cup flour and the 2 tablespoons sugar. With a pastry cutter, cut margarine or butter into the flour mixture till the mixture resembles coarse crumbs. Stir in *½ cup* of the pecans. Press flour mixture into the bottom of an ungreased 13x9x2-inch baking pan. Bake in a 350° oven for 15 minutes.

Meanwhile, combine the 1¼ cups sugar and the 2 tablespoons flour. Stir in the eggs, milk, orange peel, and vanilla. Fold in cranberries, coconut, and the remaining chopped pecans. Spread over partially baked crust. Bake for 25 to 30 minutes more or till top is golden. Cool in the pan on a wire rack. Cut into bars while warm. Cool completely. Makes 36 bars.

Nutrition information per bar: *91 cal., 1 g pro., 12 g carbo., 5 g fat, 12 mg chol., 24 mg sodium, 29 mg potassium, and 1 g dietary fiber.*

Clip along here and file punched pages in your *New Cook Book.*



POTATO SIDE DISHES

File under Vegetables
October, 1990

$200 WINNER *Antoinette M. Montgomery, Kirkwood, Mo.*

BERLIN SCALLOPED POTATOES

Antoinette substituted a scalloped potato mix for fresh potatoes to make an old German recipe even quicker—

4 slices bacon
1 medium onion, thinly sliced
1 10-oz. pkg. frozen chopped spinach, thawed and well drained
1 5-oz. pkg. scalloped potato mix
Milk
2 tsp. caraway seed
1 cup (4 oz.) shredded provolone *or* mozzarella cheese

In a large skillet cook bacon till crisp. Drain, reserving *2 tablespoons* drippings. Crumble bacon; set aside. In the same skillet cook the onion in reserved drippings till tender. Add spinach; heat through. In a 10x6x2-inch baking dish or oval 2-quart au gratin dish combine potatoes and dry sauce mix from package. Stir in the boiling water and milk as directed on the package, *omitting* the margarine or butter. Stir in bacon, spinach-onion mixture, and caraway. Bake, uncovered, in a 400° oven about 35 minutes or till potatoes are tender. Sprinkle with cheese; bake for 2 to 3 minutes more or till melted. Let stand about 5 minutes before serving. Makes 6 side-dish servings.

Nutrition information per serving: *242 cal., 10 g pro., 23 g carbo., 13 g fat, 26 mg chol., 841 mg sodium, 212 mg potassium, and 2 g dietary fiber.*



**PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS**

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The 10th Edition of the famous red plaid *New Cook Book* has 1,590 recipes. The solid-red

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

POTATO SIDE DISHES

File under Vegetables
October, 1990



$100 WINNER *Laurie McIntyre, Houston, Tex.*

LEMON DILL POTATOES

Sometimes it's just a little twist that turns a good recipe into a great one. With these twice-baked potatoes, the lemon and dill make a winning combination—

4 large baking potatoes
¼ cup margarine *or* butter, melted
⅓ cup dairy sour cream
2 Tbsp. finely snipped fresh dill *or* 1½ tsp. dried dillweed
4 tsp. lemon juice
½ tsp. garlic salt
⅛ tsp. pepper
Paprika (optional)
Dill sprigs (optional)
Lemon wedges (optional)

Scrub potatoes thoroughly with a brush. Pat dry. Prick potatoes with a fork. Bake in a 425° oven for 40 to 60 minutes or till tender. Or, micro-cook, uncovered, on 100% power (high) for 14 to 17 minutes or till almost tender, rearranging once. Let stand for 5 minutes. Cut potatoes in half lengthwise. Gently scoop out each potato half, leaving a thin shell (because potatoes are hot, you may want to hold the potato halves with a pot holder while scooping). Place potato pulp in a large bowl. Add *3 tablespoons* of the melted margarine or butter, sour cream, dill or dillweed, lemon juice, garlic salt, and pepper. With an electric mixer on low speed, beat till smooth. Pile the mixture into the potato shells.

Place in a 12x7½x2-inch baking dish. Brush potatoes with remaining *1 tablespoon* melted margarine or butter. Sprinkle with paprika, if desired. Bake in a 425° oven about 20 minutes or till light brown. Serve with dill sprigs and lemon wedges. Makes 8 side-dish servings.

Nutrition information per serving: *183 cal., 3 g pro., 26 g carbo., 8 g fat, 4 mg chol., 187 mg*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

BEST-EVER BAR COOKIES

File under Cookies
October, 1990



$100 WINNER *Anne Frederick, New Hartford, N.Y.*

CHOCOLATE MALT BARS

A square malt? Put away your straw and try these bars for a scrumptious snack—

⅓ cup margarine *or* butter, softened
½ cup sugar
1 egg
½ cup instant malted milk powder
¼ cup milk
1 tsp. vanilla
1¼ cups all-purpose flour
1 tsp. baking powder
1 cup malted milk balls, coarsely chopped
1 recipe Quick Fudge Frosting (optional)
⅓ cup malted milk balls, coarsely chopped (optional)

In a large mixer bowl beat margarine or butter and sugar with an electric mixer on medium speed till light and fluffy. Add egg, malted milk powder, milk, and vanilla. Beat for 2 to 3 minutes more or till thoroughly combined.

In a small bowl stir together flour and baking powder. With mixer on low speed, gradually add flour mixture to the sugar mixture, beating for 2 to 3 minutes or till thoroughly combined. Fold in the 1 cup milk balls. Spread the mixture into a greased 9x9x2-inch baking pan. Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near the center comes out clean. Cool bars on a wire rack. Frost cooled bars with Quick Fudge Frosting and sprinkle with the ⅓ cup milk balls. Makes 16 bars.

Quick Fudge Frosting: In a mixer bowl combine 2½ cups *sifted powdered sugar* and ¼ cup *unsweetened cocoa powder.* Add ¼ cup *margarine* or *butter,* 3 tablespoons *boiling water,* and ½ teaspoon *vanilla.* Beat with an electric mixer on low speed till combined. Beat 1 minute on medium speed. Cool 20 to 30 minutes or till spreadable.

Nutrition information per frosted bar: *162 cal., 2 g pro., 24 g carbo., 6 g fat, 15 mg chol., 107*

Clip along here and file punched pages in your *New Cook Book.*


PRALINES AND CREAM
Cool Whip
xtra
reamy
ONLY 14 CALORIES
LESS FAT
Cool Whip Extra Creamy.
The cream of whipped topping.
© 1990 Kraft General Foods, Inc.

HATCHING EGG SUBSTITUTES

Q: How can you enjoy tasty but low-cholesterol versions of omelets, custards, and other eggy foods?

A: Contemporary food products and homemade ingenuity mean you can enjoy favorite eggy foods without inflating your cholesterol count.

Store-bought substitutes: Look for frozen and refrigerated egg substitutes in your supermarket. These products, based mostly on egg whites, contain less fat than whole eggs and no cholesterol. In addition to plain versions, flavored substitutes are available. Check package directions before using any egg substitute.

Homemade substitute: You can also reduce fat and cholesterol in your recipes by using 2 egg whites for each whole large egg called for. If the recipe needs a little richness and more color, then next time try using 2 egg whites plus 1 whole egg for every 2 whole eggs.

Use egg substitutes in place of whole eggs: You can easily adapt most recipes for yeast breads, muffins, cakes, cookies, egg casseroles, sauces, puddings, and custards. Egg products are *not* recommended as a substitution in cream puffs or popovers—they won't puff or pop.

¼ cup = 1 large whole egg

2 tablespoons = 1 large egg yolk

Use egg substitutes in uncooked or slightly cooked recipes: Egg products have an added benefit—they're pasteurized. This makes them a perfect alternative in recipes that traditionally rely on uncooked eggs, such as mayonnaise, Caesar salad dressing, and eggnog. (*Note:* Pasteurization destroys salmonella bacteria. Reports of egg-linked salmonella infections have surfaced in the northeastern United States. The elderly, infants and young children, pregnant women, and those already seriously ill are most vulnerable to salmonella.)

SIZING UP EGGS AND SUBSTITUTES

1 large whole egg:
75 calories, 5 g fat, 1.5 g saturated fat, 213 mg cholesterol.

2 large egg whites:
34 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol.

2 ounces Tofutti Egg Watchers:
50 calories, 2 g fat, 0.5 g saturated fat, 0 mg cholesterol.

2 ounces Scramblers:
60 calories, 3 g fat, 1 g saturated fat, 0 g cholesterol.

2 ounces Egg Beaters:
25 calories, 0 g fat, 0 g saturated fat, 0 g cholesterol.

2 ounces Second Nature:
60 calories, 2 g fat, 1 g saturated fat, 0 mg cholesterol.

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS $100 TO THE RUNNERS-UP $25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Family Favorite Cakes

● Layer cakes for special springtime celebrations ● Moist and decadent—Your best original cake recipe ● Quick fix-ups, starting with a mix or a purchased cake

Healthful Stir-Frys

● Low-fat stir-frys using lean meats or fish and less fat ● Vegetable-packed meals ● Stir-frys with exciting new ingredient combinations

WINNERS IN THIS ISSUE (pages 145 and 146)

$200 Winners

Barb Frye, *Burnsville, Minn.*
Antoinette M. Montgomery, *Kirkwood, Mo.*

$100 Winners

Anne Frederick, *New Hartford, N.Y.*
Laurie McIntyre, *Houston, Tex.*

Honor Roll Winners

Shirley Fleming, *Sacramento, Calif.;* Joy Gillespie, *Neeses, S.C.;* Pat Hockett, *Alva, Okla.;* Ruth Silverman, *Gloversville, N.Y.;* Lynn Sutherland, *Louisville, Ky.;* Mrs. Marie H. Webb, *Roanoke, Va.*

CONTEST RULES

1. Contest is open to U.S. residents, except employees of Meredith Corporation, its affiliates, subsidiaries, and families. **2.** With each entry clearly type or print your name, address, and recipe marked "May Family Favorite Cakes" or "May Healthful Stir-Frys." Specify brands of ingredients used and recipe origin. **3.** Address recipes to 9105 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** All entries must be postmarked by October 31, 1990. **5.** Winners will be selected about 60 days later and will be notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and home town name for editorial and promotional purposes.

The Fisher-Price Post Office carries on through rain and colds and happy times.



Little letter carriers are sure to give the Fisher-Price® Post Office their stamp of approval, because it gives them all the exciting features they want.

Features like mail slots, package drops, P.O. boxes with keys, and a safe with a combination lock.

All that, not to mention the mail itself. Mail that includes postcards and stationery to write on and wipe off. A stamp dispenser that pops out make-believe stamps. And a red mail carrier for round-the-clock deliveries.

Because we believe nothing should stop a Fisher-Price letter carrier from making his appointed rounds.



©1990 Fisher-Price, East Aurora, New York 14052. Also available in Canada.

HOME AND FAMILY INFORMATION GUIDE

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

AMERICAN STANDARD—Perfectly balancing form and function, beautifully crafted American Standard fixtures, faucets and whirlpools are available in a variety of designer colors. AMERICAN STANDARD. $3.00 Circle No. 1.

ANDERSEN WINDOWS PATIO DOORS—16 page, full-color factbook featuring Andersen's complete line of windows, patio doors, and roof windows. From window terms and treatments to styles and security measures, all designed to help make you a smart window shopper. ANDERSEN CORPORATION. FREE. Circle No. 2.

CALIFORNIA CLOSET—Make your life easier with a customized, adjustable closet where everything is easy to see, reach and find. Color brochure shows how a California Closet system can be quickly installed in your existing closet, doubling your hanging and storage space. CALIFORNIA CLOSET. FREE. Circle No. 3.

GUIDE TO CEDAR ROOFING—New fact-filled documentation on cedar roof advantages; durability, insulative performance, wind and hail resistance, structural strength, etc. Compares against other roof products. CEDAR SHAKE & SHINGLE BUREAU. 25¢. Circle No. 4.

CONGOLEUM floors are designed to fit today's busy lifestyles. The newest flooring designs and colors are previewed in a full color literature kit, containing photographs and information on the company's versatile product line. CONGOLEUM. FREE Circle No. 5.

CRESTLINE FULL-LINE BROCHURE—Nobody can fill a home's openings more beautifully or more completely than Crestline. And nobody matches the Crestline family of products for quality, selection and value. Wood windows and patio doors, wood and vinyl replacement windows, skylights, wood bifold doors, and interior and exterior wood shutters are detailed in this brochure. CRESTLINE. $1.00. Circle No. 6.

"The Water In Your Life"—A glossy 8-page booklet about home water problems, how they occur and how they can be corrected to provide a higher quality of life. From EcoWater, the world's largest manufacturer of home water treatment systems. ECOWATER. FREE. Circle No. 7.

ELKAY KITCHEN AND BATH IDEAS. This booklet tells how stainless steel sinks and accessories give a smart contemporary look that flatters any kitchen interior and blends with any decor. Included is our complete line of stainless steel sinks, faucets, dispensers and work-saving accessories. ELKAY. $1.00 Circle No. 8.

THE FLOOD COMPANY—Penetrol Application Guide from The Flood Company describes how to use Penetrol on metal, fiberglass and wood. Penetrol makes it easy to prime, paint, stain, protect metals from rust, restore beauty to fiberglass and protect wood. THE FLOOD COMPANY. FREE. Circle No. 9.

THE FLOOD COMPANY—Our multi-guide "How to keep your outdoor wood looking good" is a 28-page color booklet which is a guide to cleaning and finishing exterior wood. It includes information on our products Seasonite, Dekswood, CWF Clear Wood Finish and Aquatrol for cleaning and finishing exterior wood. THE FLOOD COMPANY. FREE. Circle No. 10.

FRIGIDAIRE ELITE COLLECTION—A 12-page, full-color brochure show the latest in major appliance styling — white-on-white products. Covers refrigerators, ranges, dishwashers and microwave ovens. FRIGIDAIRE. $1.00. Circle No. 11.

GENESIS® CARPET— Amoco Demonstration Kit contains a test sample of GENESIS® Carpet certified by Amoco to let you challenge GENESIS® Carpet with your worst stains. Included are complete warranty details, stain removal guide, a toll-free dealer-referral number and the toll-free Permacolor service line number for assistance in removing problem stains. FREE Circle No. 12.

IN-SINK-ERATOR STEAMIN' HOT DISPENSER SYSTEMS —Full color brochure lists all of the benefits of having 190 degree cooking hot water instantly...right at the kitchen sink. Ideal for any recipe that calls for boiling water. Four models including the new Euro-design GN and HC models in white, almond, and black designer colors. IN-SINK-ERATOR. FREE Circle No. 13.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 14.

KOHLER—Offering a complete set of full-color product catalogs covering baths and whirpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets, and accessories. Included is a 68-page color idea book, "Bath Persona". KOHLER. $8.00. Circle No. 15.

KOHLER—Guidelines for selecting quality faucets are highlighted in KOHLER CO.'s 20-page full-color brochure, "Premier Faucets, A Guide to Quality and Value." Also included is a 48-page color product catalog covering Kohler's faucets and accessories. KOHLER. $2.00. Circle No. 16.

MARVIN WINDOWS IDEA BROCHURE—Illustrated with four-color photos and renderings how window sizes and styles affect the appearance of your home. Information on how window construction can affect energy efficiency and maintenance is also provided. MARVIN WINDOWS. FREE. Circle No. 17.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 18.

"Tips On Wood Finishing"—Informative 30-page booklet features easy step-by-step instructions for wood finishing and repair projects with Minwax products. Highlights include: color chart, product review and wood care suggestions. Learn to beautify and protect new wood as well as restore and spruce up older wood. MINWAX. FREE. Circle No. 19.

"A HOMEOWNER'S GUIDE TO INSULATION AND ENERGY SAVINGS"—A free 32-page guide to year-round energy savings and comfort throughout your home. The full-color booklet gives instructions on where and how to insulate in an existing home, in a remodeling project and in new home construction. It also explains new government insulation recommendations and helps homeowners calculate the proper amount of insulation. OWENS-CORNING FIBERGLAS. FREE. Circle No. 20.

OWENS-CORNING FIBERGLAS—A four-page, full-color brochure illustrating Owens-Corning Fiberglas' recommendations for building an energy-efficient home. Department of Energy's guidelines for insulation levels in different climates of the country are also included. OWENS-CORNING FIBERGLAS. FREE . Circle No. 21.

PATIO ENCLOSURES INC. SUNROOMS—Open your home to the great outdoors with a three or four season enclosure or a curved or straight eave solarium. All sunrooms are custom designed, manufactured and installed by full-time employees specially trained in sunroom installation. Send for a brochure and then call your local representative for a free in home estimate. PATIO ENCLOSURES, INC. FREE Circle No. 22.

PEASE DOOR SYSTEMS—Perfect for remodeling, replacement or new construction ideas. This 32-page brochure features Registry Fine Wood entranceways, Ever-Strait Fiberglass, Ever-Strait Steel, Homestead and patio doors. Create your own style by selecting from numerous door, toplight and sidelight designs. PEASE INDUSTRIES INC. $1.00 Circle No. 23.

THE ARCHITECT SERIES® BOOKLET from Pella® is highlighted in this 12-page catalog which illustrates the Mission, Colonial, Prairie, and Palladian regional designs. PELLA/ROLSCREEN COMPANY. FREE Circle No. 24.

PELLA WINDOWSCAPING BOOKLET — Windowscaping (SM) refers to bringing the outside in and designing with windows. Windowscaping (SM) is easy with this 19-page booklet from Pella/Rolscreeen Company which offers innovative applications for windows, doors, sunrooms and skylights for building, remodeling and replacement. Energy-efficient systems are fully illustrated along with Pella's complete accessory line. PELLA/ ROLSCREEN COMPANY. FREE Circle No. 25.

INSULATED DOORS AND WINDOWS—A 32-page full-color catalog details Ariel windows and sliding patio doors in various styles, swinging and French patio doors, and Avanti insulated entry door systems. Specifications and various options are included. PEACHTREE DOORS, INC. FREE. Circle No. 26.

RAYNOR GARAGE DOORS—A full color catalog that illustrates the decade series of steel residential garage doors on a variety of homes. The Decade garage door is the only door warranted to last as long as you own your home! RAYNOR GARAGE DOORS. $1.15 Circle No. 27.

SCHOLZ DESIGN MASCO SHOWHOUSE—The latest SCHOLZ DESIGN Collection, a large 11 x 17 format with 125 exciting designs, 1800 sq. ft. to 10,000 sq. ft., plus free catalog of famed 'MASCO Showhome', variations, 2800 sq. ft. to 10,000 sq. ft. Both available for $44.00 plus $6.00 shipping and handling. SCHOLTZ DESIGN. $50.00. Circle No. 28.

HOW TO IMPROVE YOU INDOOR AIR QUALITY—These helpful booklets explain how to improve your home's indoor air quality. Humidification booklet explains how humidity improves health, comfort, and preserves finishings. Includes tips on choosing a good humidifier. Air cleaning booklet describes common pollutants, ways to improve home environment, and reduce allergies with new high efficiency air cleaners. RESEARCH PRODUCTS CORPORATION. $1.00 Circle No. 29.

RID-X® SEPTIC SYSTEM HELP—Unfortunately, your septic system can back up. But RID-X® helps you avoid septic system failure. This booklet tells how your septic system works and how you can help it keep working. RID-X®. FREE Circle No. 30.

RUST-OLEUM—Protect your home from costly damage caused by moisture and harsh sunlight. The top name in metal protection, Rust-Oleum is known for sealing out moisture and keeping its rich color. Now, Rust-Oleum Wood Saver Paint is made with a unique patented formula that protects wood trim, doors, fences, railings and outdoor furniture. 8-page Homeowner's Guide, Brochure and coupon. RUST-OLEUM. FREE Circle No. 31.

STUCCO STONE PRODUCTS, INC.— FREE IDEAS BOOKLET. 100 color photographs illustrate how Cultured Stone® and Pro-Fit® brand manufactured stone can impact the style and appearance of remodeling and building projects. Contains design and application ideas for every room in the home plus many outside uses. Covers fireplaces, house fronts, wainscoting, landscape uses, feature walls and more. STUCCO STONE PRODUCTS, INC. FREE Circle No. 32.

VELUX-AMERICA INC.—You can improve the light and ventilation in your home with VELUX roof windows and skylights. Our color brochure gives you the most comprehensive product information available to consumers. A price list and list of dealers in your area is included. VELUX-AMERICA. FREE. Circle No. 33.

WENCO WINDOWS—CREATING BEAUTIFUL WINDOWS—A new booklet from WENCO Windows designed to give homeowners assistance in window replacement. Stresses the many window styles available in today's market and provides plenty of ideas to fill your home with showstopping windows. WENCO. FREE. Circle No. 34.

"3M GUIDE TO ENERGY SAVINGS"—Cutting your home's heating and cooling costs is easy with a do-it-yourself guide from 3M. Learn about the 3M Window Insulator Kit, door seals, weather stripping and tapes. FREE Circle No. 35.

FURNISHINGS

ROOMS BY BASSETT—A 32-page, full-color publication featuring ideas and helpful hints on redecorating and furnishing every room in your home. Tips on design, room arrangement and remodeling. BASSETT. $5.00 Circle No. 36.

DUETTE® by HUNTER DOUGLAS—We Cover the World's Most Beautiful Views showcases the revolutionary Duette window fashion with energy-saving honeycomb pleat, available in a variety of rich designer colors, textures and fabrics. DUETTE®. $2.00. Circle No. 37.

DUETTE® by HUNTER DOUGLAS—The "Discover the Well-Dressed Window" consumer video showcases the entire Duette product line in a variety of exciting applications and room settings. Ideal and convenient for in-home viewing. Fully refundable with proof of purchase of Duette products. DUETTE®. $5.95. Circle No. 38.

EXTRAORDINARY FURNITURE SAVINGS—EDGAR B. FURNITURE, America's premier direct order furniture merchant, offers the finest crafted brand name and private label furniture available at PRICES 40% - 45% BELOW RETAIL. Our service - from help with selections to setup in your home - is unsurpassed. Your complete satisfaction is assured. Full-color 320-page catalog. EDGAR B. FURNITURE $15.00 Circle No. 39.

FULL-LINE OF EUREKA VACUUM CLEANERS—A 6-page, full-color brochure provides photographs and information about more than 40 models of Eureka vacuum cleaners. Eureka, an industry leader, offers top quality at affordable prices. Send now for this exciting and insightful brochure so that you can choose the Eureka model suited to your cleaning needs. EUREKA VACUUM CLEANERS. FREE Circle No. 40.

CEILING FANS—A 32-page 4-color booklet describes what features to look for before buying a fan and illustrates **Hunter's** line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are 44 different fan styles and sizes with over 40 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. $1.00. Circle No.41.

LANE®—This 42-page color catalog features quality dining and bedroom furniture, occasional tables, cedar chests, upholstery and unique accent pieces in many different furniture styles, including country and contemporary lacquer. LANE®. $5.00. Circle No. 42.

LANE® RECLINERS—A free full color brochure featuring some of our best selling styles in both fabrics and leather. Also, included is warranty and manufacturing information. LANE®. FREE Circle No. 43.

LA-Z-BOY RECLINERS BROCHURE—This 20-page full color booklet showcases the entire line of genuine LA-Z-BOY recliners and occasional chairs. Use it to plan your next purchase of LA-Z-BOY products for any room in your home. LA-Z-BOY is The name America's comfortable with. LA-Z-BOY. $1.00. Circle No. 44.

LA-Z-BOY SOFAS & SLEEP SOFAS—A 20-page full color booklet featuring quality crafted LA-Z-BOY Signature II Sofas, Sleep Sofas, and Sectionals. This catalog can help you select LA-Z-BOY furniture for the living room and family room to suit your style and taste. LA-Z-BOY. $1.00. Circle No. 45.

HOW TO BUY CARPET FOR THE REAL WORLD—A new, easy to read carpet shopper's guide from Wear-Dated Carpet by MONSANTO. $1.00 Circle No. 46.

SOMMA MATTRESS—A set of full-color brochures are yours free. For a good nights sleep, try the new Fashion Folio mattress from Somma. Superb comfort and perfect support can be yours. SOMA MATTRESS. FREE. Circle No. 47.

THOMASVILLE FURNITURE—Thomasville's Complete Guide to Fine Furniture Selection and Furniture Care. THOMASVILLE. $3.00. Circle No. 48.

FOOD

THE CHOCOLATE COLLECTION—catalog features the finest selections of chocolates from around the world; 29 pages to choose from the Holiday Gift Catalog . $2.00 Circle No. 49.

"ADD HONEY—THE GOLDEN TOUCH"—In just minutes, you can add the magic of honey to a vinaigrette dressing, a tangy sauce for meat and chicken, or a lemon whipped cream to serve over cake or crepes. Recipes such as these, along with cooking and storage tips, are available in the "Add Honey the Golden Touch" brochure from the NATIONAL HONEY BOARD. 50¢. Circle No. 50.

HORMEL'S AUSTIN STREET MARKET CATALOGUE—Enjoy perfectly aged beef, smoked bacon, hams and salmon. Butcher shop, Deli, and Bakery specialties by mail. Color catalog with $3.00 saving coupon. HORMEL. $1.00. Circle No. 51.

THE TURKEY STORE COOKBOOK—An 84-page, full-color cookbook featuring 115 delicious fresh turkey recipes you can make all year long. Information is also included on turkey preparation and handling instructions. JEROME FOODS. $2.95. Circle No. 52.

PEPPERIDGE FARM COOKIES—Free brochure,"It's Okay to Eat Cookies", explains how cookies can fit into a sensible, balanced diet. PEPPERIDGE FARM. FREE. Circle No. 53.

FREE RECIPE OFFER. Pioneer's River Mill collection of gourmet baking recipes PLUS the San Antonio River Mill catalog of mixes and gourmet gifts. PIONEER FLOUR MILLS. FREE Circle No. 54.

SODIUM INFORMATION BROCHURE—Send for an informational brochure on sodium and how reducing your intake is a healthy decision. From the makers of MRS. DASH Salt-Free Seasonings. MRS. DASH®. 15¢ Circle No. 55.

GARDEN

GARDENA LAWN & GARDENA PRODUCTS—Known worldwide for quality and innovation, GARDENA products are available in the USA. This full color catalog describes the complete line of sprinklers, nozzles, water timers, quick connect couplings and drip irrigation systems. All products are designed to use water efficiently and precisely, without wasting a drop. GARDENA. 50¢. Circle No. 56.

HEALTH

"UNDERSTANDING EMPHYSEMA" BROCHURE—This 6-page booklet from National Jewish Center for Immunology and Respiratory Medicine in Denver helps people cope with emphysema. Subjects include: causes and complicating factors, relieving symptoms, and how to live a fuller life. NATIONAL JEWISH. FREE Circle No. 57

POOL EQUIPMENT

POOL COVER CATALOGUE—A 14-page, full color catalogue showing the SAVE-T COVER® automatic swimming pool cover and the STEP-SAVER® manual reel cover. Learn how both systems act as a summer, winter, solar and safety cover. The automatic version operates at the turn of a key. Applications for all shapes and styles are depicted. COVER-POOLS, INC. 50¢ Circle No. 58.

TOYS

OHIO ART—Making Creativity Fun. A full-color guide, from the makers of Etch A Sketch® for parents who want their children to experience the many fun, creative learning opportunities offered by Ohio Art's Making Creativity Fun® products. Ohio Art. 60¢. Circle No. 59.

TRAVEL

COLORADO BIG GAME HUNTING—Hunt elk, mule deer, bear, mountain lion in Northwestern Colorado with outfitter Paul Janke, bonded and insured, 15 years in business. LONE TOM OUTFITTING. 25¢ Circle No. 60

TAHOE NORTH VISITORS AND CONVENTION BUREAU—48-page winter 1990 color travel planner for North Lake Tahoe. Ski packages, lodging, dining, special events, and more. TAHOE NORTH. FREE Circle No. 61

U-HAUL® REC VEE RENTALS—U-HAUL offers you the perfect ticket to relaxation with luxury motorhome and travel trailer rentals. Discover how you can enjoy the freedom and convenience of an RV vacation with a free, 10-page brochure. Getting away has never been easier! U-HAUL®. FREE. Circle No. 62.

U-HAUL® MOVING GUIDE—Do-it-yourself and save with U-Haul. This free, 16-page brochure offers quick and easy tips on how to move like a pro. Includes information on how to select the right equipment for your move, and how to pack and load. U-Haul makes moving easier, and you can save up to 50% of the cost of a van line move when you do it yourself. U-HAUL®. FREE. Circle No. 63.

UNIVERSAL STUDIOS HOLLYWOOD—Send for a 4-color brochure describing the excitement of the world's largest working movie studio, Universal Studios Hollywood, where no one makes believe like we do. UNIVERSAL STUDIOS. $1.00. Circle No. 64.

MISCELLANEOUS

HELP SAVE THE WORLD'S ANIMALS! An informative, illustrated brochure from the ANIMAL PRESERVATION LEAGUE tells you how **you** can help many animal causes and endangered species with your membership and a single annual contribution. Help us to help the world's animals! ANIMAL PRESERVATION LEAGUE. $1.00 Circle No. 65.

Better Homes and Gardens®

HOME AND FAMILY

INFORMATION

GUIDE

MAIL TO:

Home and Family Information
P.O. Box 2813
Boulder, CO 80329-2813

TO ENSURE PROMPT HANDLING OF YOUR ORDER FOLLOW THESE INSTRUCTIONS

1...$3.00	23...$1.00	45...$1.00
2...Free	24...Free	46...$1.00
3...Free	25...Free	47...Free
4...25¢	26...Free	48...$3.00
5...Free	27...$1.15	49...$2.00
6...$1.00	28...$50.00	50...50¢
7...Free	29...$1.00	51...$1.00
8...$1.00	30...Free	52...$2.95
9...Free	31...Free	53...Free
10...Free	32...Free	54...Free
11...$1.00	33...Free	55...15¢
12...Free	34...Free	56...50¢
13...Free	35...Free	57...Free
14...$1.00	36...$5.00	58...50¢
15...$8.00	37...$2.00	59...60¢
16...$2.00	38...$5.95	60...25¢
17...Free	39...$15.00	61...Free
18...$6.00	40...Free	62...Free
19...Free	41...$1.00	63...Free
20...Free	42...$5.00	64...$1.00
21...Free	43...Free	65...$1.00
22...Free	44...$1.00	

Circle your choice • Enclose check or money order for cost of booklets plus $1.00 service charge (no stamps/foreign) • Send coupon and remittance to address above ALLOW 4-6 WEEKS FOR DELIVERY • Coupon expires October 15, 1991

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

I AM ENCLOSING:

$_____ for priced items

$ 1.00 for handling

$_____ Total remittance



Can your home make you sick?

PRESCRIPTION FOR INDOOR AIR QUALITY

Question: Where do you find the worst air pollution in the country?

Answer: In your home.

The offending fumes come from hundreds of common, everyday sources. Inadequate ventilation, especially in winter, can result in indoor air with concentrations of some pollutants five times greater than in our smoggiest cities.

This "sick building syndrome" is curable. Here is our prescription for getting rid of the major offenders.

Fire-breathing dragons. When you burn gas, oil, or wood, you create air pollution: aromatic hydrocarbons, nitrogen dioxide, and the most dangerous gas—carbon monoxide. In small doses, carbon monoxide from a gas furnace, water heater, fireplace, or wood stove can give you flulike symptoms. In larger doses, it can aggravate heart problems and even kill. Carbon monoxide, nitrogen dioxide, and other gases can leak into your home by a process called backdrafting.

Backdrafting occurs when vent fans, built-in vacuum cleaners, and air leaks depressurize your house. This pulls the exhaust gases, normally vented out the chimney, back into the house. On cold days backdrafting can become a continuous process as the flue gases hit a stack of cold air in the chimney and spill back inside. Wood stoves and fireplaces backdraft too, especially when the fire is low.

Taming the beast. Check for soot or discoloration on the top of your furnace or water heater, a sure sign of backdrafting spillage. If you find evidence, have a contractor inspect the equipment. Also have your furnace inspected regularly. Cracked heat exchangers are common in furnaces more than 10 years old and can lead to carbon monoxide buildup.

Check with a contractor about piping in outside air for furnace or fireplace combustion. This reduces depressurization and helps dilute indoor pollution with fresh air. Many new furnaces and prefab fireplaces include outside-air combustion kits and exhaust fans. On your fireplace, a tightly sealed glass door can prevent gas spillage.

Unvented gas space heaters or kerosene heaters also can be a source of dangerous carbon monoxide and other pollutants. Use these only with thorough ventilation.

Chemical dependency. Fifty years ago, homes contained no more than a few dozen chemical compounds. Today the cleaners, solvents, air fresheners, polishes, paints, pesticides, aerosols, and disinfectants we use may contain up to 50,000 different chemicals, many untested for their long-term health effects. Total abstinence from these products is impractical, but there are ways to minimize your exposure.

Reduce your dependency on harsh household chemicals by cleaning more frequently and using natural alternatives such as vinegar and baking soda. For a list of natural alternatives, send $2 to the Clean Water Fund, 808 Belmar Plaza, Belmar, NJ 07719, and ask for their chart of household alternatives. When you must use chemically intensive

continued on page 154

WHAT'S ALL THE FUSS?

Is indoor air quality really a problem? If you [illegible] your seat belt, [illegible] and crime. Then [illegible] pollution might be the least of your worries. But if you are [illegible] your health with good [illegible] regular exercise, you'll want to pay attention to the quality of the air you breathe.

Most pollutants in our homes seem harmless, at least in the short term. But asbestos and lead were once considered safe, too. Chances are that at least a few of the thousands of chemical products used in our homes will someday prove to be as toxic as lead and asbestos. For now, the safest course is to employ an ounce of prevention. Consider indoor air maintenance as much a part of your health regimen as diet and exercise.

Turn this page back into a tree.

Simply send in this certificate along with proofs-of-purchase from two Crest cartons.

And, together with The National Arbor Day Foundation, we'll plant a seedling in a Yellowstone-area National Forest on your behalf.

☐ Yes, I'd like Crest® and The National Arbor Day Foundation (NADF) to plant a tree in my name in a Yellowstone-area National Forest.

I'm enclosing the UPC symbols from two Crest cartons, 4.6 ounce size or larger, with this certificate to: Crest/NADF Tree Offer, P.O. Box 100147, El Paso, TX 88510-0147.

With my help, Crest and The Foundation will plant up to 100,000 trees.

Name _____ Address _____
PLEASE PRINT CLEARLY

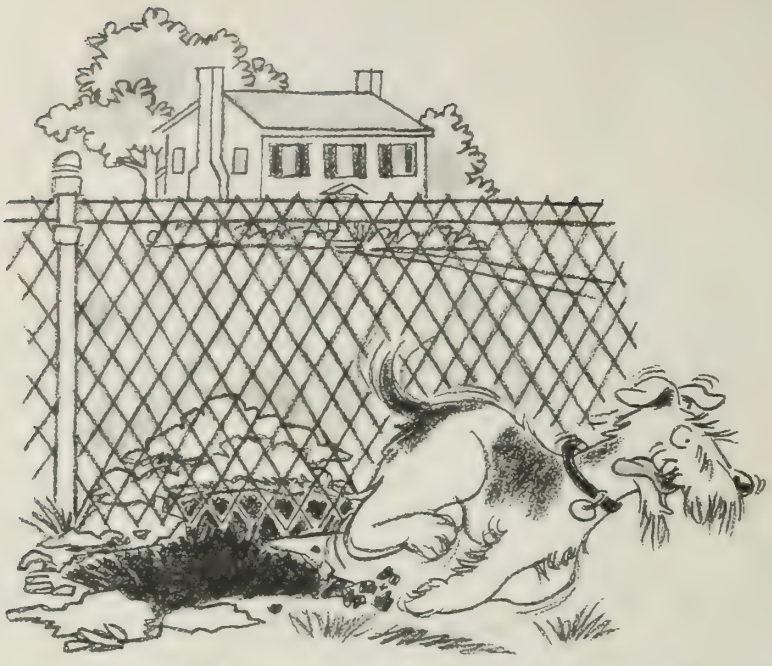
Apt. _____ City _____ State _____ Zip _____

Offer expires July 15, 1991. Offer good only in the U.S.A. Your offer rights may not be assigned or transferred. This certificate may not be mechanically reproduced, and must accompany your request. Limit one tree planted per coupon. Please allow 6 to 8 weeks for confirmation that your tree will be planted. This certificate has a cash redemption value of 1/100 of 1¢.



Crest cartons are made of 100% recycled paper.

©P&G 1990



Another reason to get Invisible Fencing.

Give your dog freedom and safety.
Invisible Fencing® is veterinarian approved
and comes with a money-back guarantee.
To learn all the other reasons,
call for a free brochure.

1-800-635-8300

INVISIBLE FENCING®

© 1990 Invisible Fence Company, Inc

DIRECTORY
OF ARCHITECTS, DESIGNERS

ADDING UP
2nd-Story Additions

Pages 66–67: Architect—William Glass Associates, 2030 Addison St., Berkeley, CA 94704.

Pages 68–69: Architectural/interior design—Terry Strandemo, ASID, 18405 Minnetonka Blvd., Wayzata, MN 55391.

Page 70: Architect—Jim Galvin, Galvin Cristilli Architects, 800 W. Ivy, San Diego, CA 92101.

FROM RAFTERS TO RICHES

Pages 105–107: Project sponsor—Western Wood Products Assoc., 522 SW. Fifth Ave., Yeon Building, Portland, OR 97204-2122. **Contractor**—Neil Kelly Designers/Remodelers, 804 N. Alberta, Portland, OR 97217. **Designer**—Linda Czopek, Czopek & Erdenberger, 921 SW. Washington, Portland, OR 97205.

For product information, see buying guide, pages 174–175.

continued from page 152

means, buy only what you need, pay strict attention to warnings and labels, and ventilate the house for as long as practical. Give neighbors or community organizations what you can't use.

Formaldehyde. The biggest sources of formaldehyde in your home are particleboard and plywood products that contain urea formaldehyde resins. Used in subfloors, cabinets, countertops, and furniture, these products can "outgas," giving off formaldehyde fumes for years after installation. Long-term exposure can create a permanent, allergylike sensitivity to even small amounts.

To reduce exposure, use solid or exterior-grade wood products, which contain little or no formaldehyde. If this is impractical, keep the areas in question well ventilated, especially during warm, humid weather.

Other problems. Improperly dried clothes from the dry cleaner can give off tetrachloroethylene, a known carcinogen. If clothes come back from the cleaner with a strong chemical smell, return them for proper drying.

Radon, a colorless, odorless gas that rises out of the soil, often becomes trapped in our homes. Breathing radon over a long period of time may cause lung cancer. A radon test kit can give you a rough idea of the radon levels in your home. If necessary, your county extension service, state health agency, or regional EPA office can show you how to lower radon levels.

Asbestos fibers can be inhaled and cause lung cancer years later. Most asbestos is found in older pipe and furnace insulation, shingles, textured paints, and floor tiles. Left alone, it is harmless, but when cut, sanded, or crumbled, it can become airborne. Get a professional to inspect any substance that you think contains asbestos.

Other solutions. Duct-mounted electronic air cleaners won't remove chemical fumes, but they will take out dust, pollen, spores, many cooking odors, and most tobacco smoke, bacteria, and even some viruses. Expect to pay about $500 to $700 installed.

For better winter ventilation, heat-recovery ventilators vent stale indoor air to the outside and use its heat to warm the cool incoming air. They give you fresh air without high heating bills and cost $300 to $400.

QUESTIONS ON PETS? DIAL AN EXPERT

It's Sunday and your dog is experiencing flulike symptoms. What should you do? You think your cat might be overweight, but you don't want to pay a veterinary fee for advice on how to put her on a diet. Perhaps you're thinking about adopting a pet, but you're not sure which animal would suit your family. The answers may be as close as your phone and may cost less than $4.

PetLine is a phone service that offers advice on more than 300 pet-related topics, from behavior problems in cats and dogs to skin diseases in reptiles. You dial the service's 900 number on a touch-tone phone and press the code for the information category you need.

Jack Aldridge, D.V.M. and chief of staff at the San Francisco Society for the Prevention of Cruelty to Animals (SPCA), has recorded messages on each subject, ranging in length from three to five minutes. Calls cost 95 cents per minute, or about $2.85 to $4.75. The average call costs $3.80. PetLine's owners say the service was not designed to replace veterinary care, but it can save pet owners money on problems that do not require professional treatment.

A directory listing all PetLine categories is available in some pet stores and veterinarians' offices. You can order a free copy by calling *800/334-PETS (7387).* If you do not have a directory, you can receive information by calling the 900 number and following the step-by-step directions on how to access the category you need.

Other services are offered through PetLine. If you've just moved and haven't found a veterinarian, call the Veterinary Resource Service at *415/982-PETS (7387)* for help in locating a regular veterinarian, off-hour emergency care, or a specialist. Although PetLine does not recommend doctors, it will provide a list of vets who practice in your zip-code area.

With PetLine's Bonus Program, detailed in the directory, you can earn points toward the purchase of pet food at discounted prices.

PetLine has been endorsed by the Humane Society of the United States. According to Phyllis Wright, vice president for companion animals at the society's national office, "Our name and our seal have not been on any other service." Before endorsing PetLine, Wright spent time studying the messages. She also visited Dr. Aldridge. "I like what he says and the way he says it." Wright feels that the information offered by PetLine may enable pet owners to keep animals in their homes longer, which is one of the organization's primary goals.

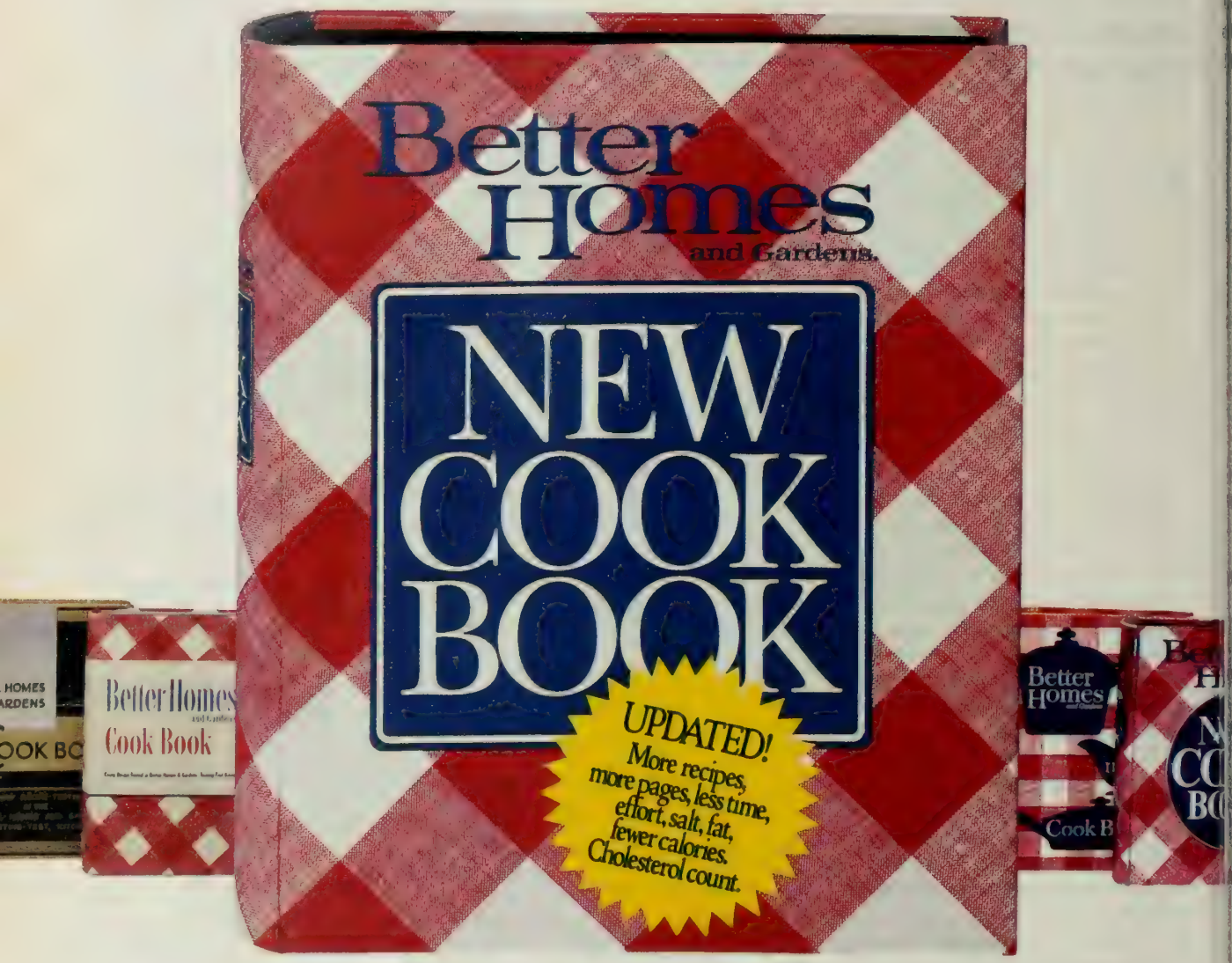
The PetLine information service is available 24 hours a day. Call *900/990-PETS (7387).* You can also access PetLine on a personal computer through the Prodigy home information system.

—By Barbara Hall Palar

The hand cream that works when all else fails.

When nothing else will solve your serious hand problems, turn to Neutrogena® Hand Cream. Our glycerin-rich formula actually pours moisture back into even the most parched, cracked, chapped skin. And you only need a single concentrated drop to do what all the others couldn't. Look for it at your drugstore. Neutrogena® guarantees you'll be satisfied or we'll refund your money.





Now, rewritten for the 1990's.

You'll like what we've done to the Better Homes and Gardens® New Cook Book. Not only have we cut down on the salt, fat and sugar in this new edition, but we've made it easier to use, too.

Cooking, 90's style.

We reduced everything from calories to the number of servings per recipe in this completely updated edition. And, recipes include cholesterol counts. There are more chicken and fish recipes and leaner cuts of meat are used. We've also flagged the book's fast and easy recipes, added one-bowl baking recipes and given you microwave and grilling variations.

All-in-all, this is our best New Cook Book ever. This all-new edition went on sale August 1989 wherever books are sold. Pick up a copy for yourself or as a gift for someone you love.

Better Homes and Gardens. BOOKS

FREE TRAVEL INFORMATION

he Better Homes and Gardens® travel advertisers listed below will provide you ith free information about their facilities and services. Circle the numbers for e material you need, indicate your name and address, send $1.00 for handling, nd we'll forward your requests to the appropriate advertisers. If the coupon as been used, send your list of the numbers to Better Homes and Gardens®, O. Box 4534, Dept. 9010W, Des Moines, IA 50336.

CALIFORNIA

. **California Office of Tourism**—4 Color, 196 page guidebook "The Californias" divided in 12 regions. Call 1-800-TO-CALIF, ext A2052.

Disneyland—There's nothing more magical than a Disneyland vacation.

CRUISES

. **Carnival Cruise Lines**—Send for 3, 4 and 7 day "Fun Ship" brochure on the most popular cruise line in the world.

World Explorer Cruises—In 14 days you'll get closer to Alaska. 24-page brochure. 1-800-854-3835.

FLORIDA

Daytona Beach Marriott—Featuring 402 oceanfront rooms. Daytona's newest facility.

Discover Southwest Florida's Lee Island Coast—Sanibel/Captiva and Ft. Myers areas. Send for free vacationer's Guide.

Disney! Epcot! Sea World! More—See it all from Kissimmee-St. Cloud.

Longboat Key CLub, Sarasota, Fl—Four-Star, Four-Diamond extraordinary island Resort.

Naples Beach Hotel & Golf Club—Once all Florida was like this. Relaxed vacationing on Gulf of Mexico.

Orlando—Go for the Magaic! FREE Official Visitors Guide. Accommodations, Attractions, Restaurants, Shopping and More!

Sanibel Island, FL—Sundial Beach & Tennis Resort—Golf, pools, gorgeous gulfside family suites. Call 1-800-237-4184.

Vacation Condominiums—Send for free information. 1-800-726-8226.

13. **Visit Florida's Space Coast!**—Closest beaches to Walt Disney World Resort. Color brochure. (1-800-USA-1969)
14. **Walt Disney World Resort**—A total vacation experience. So much more than ever before.

GEORGIA

15. **Georgia**—"On My Mind" Vacation Planning Kit for exploring Georgia.

IOWA

16. **Visit Iowa**—Discover Iowa Treasures. Call 1-800-345-IOWA for a free Guide.

NEW YORK

17. **New York State**—Antique shops to vineyards to country inns. Call 1-800-I LOVE NY, EXT A257 for your free Fall Vacation Kit. Discover all there is to love.

PENNSYLVANIA

18. **Gettysburg, Pennsylvania**—Americas Turning Point! Over 25 Attractions. Pennsylvania: America Starts Here!
19. **Lehigh Valley, Pa**—Enjoy skiing nearby, theaters, antiquing, museums, shopping, fine food & hotels.
20. **Skytop Lodge**—5,500 acres Pocono Resort with golf, skiing, tennis, indoor & outdoor pools, fitness center. Family Plan where children 17 & under stay Free, including meals. 717-595-7401.

SOUTH CAROLINA

21. **South Carolina**—Vacation Guide & travel map. 80 color pages of uncrowded beaches, championship golf, historic plantations, shopping, dining, & events.

VIRGINIA

22. **Virginia Beach**—The Beach Lover's Beach. Free full color beach vacation guide. 1-800-446-8038.

Better Homes and Gardens Travel Planning Guide

P.O. BOX 4534, DEPT. 9010W, DES MOINES, IA 50336

Send $1.00 for handling.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22

Name _____

Address _____

City _____

State _____ *Zip* _____

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

MORE PORTS
MORE SHORE EXCURSIONS
MORE ALASKA

FREE BOOK TELLS ABOUT OUR 14-DAY CRUISES.



Get closer to Alaska. Its scenery. Its wildlife. Its art. Its people. All for as little as $2095 per person, double occupancy. For a free copy of our 24-page, full color 1991 brochure, call 1-800-854-3835, or write World Explorer Cruises, 555 Montgomery Street, San Francisco, California 94111.

S.S. Universe Liberian registry

S.S. UNIVERSE



WORLD EXPLORER CRUISES

A 14-DAY ADVENTURE FOR THE HEART, MIND AND SOUL

TRAVEL WEST

LOOK WHAT'S HAPPENING NEAR YOU

From Russia with love. Alaska celebrates its 1867 transfer from Russia to the United States with an Alaska Day Festival in Sitka, October 13–18. Russian dancers, a 19th-century costume ball, a young people's dance, a parade, military bands, and a reenactment of the transfer ceremony highlight the annual fete. *P.O. Box 1348, Dept. BHG, Sitka, AK 99835; 907/747-2232.*

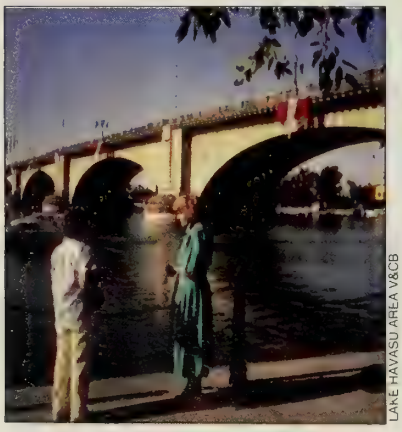
Hipsters, young and old. The King David Kalakaua Hula Festival at the Kona Surf Resort in Kona, Hawaii,

continued on page J2

continued from page J1

spotlights children and senior citizens at its annual hula dance contest. The three-day event, this year November 14–16, draws dancers from Japan and the mainland as well as the 50th state. Young dancers compete in both ancient and modern styles of the traditional dance. *127 Kamana St., Dept. BHG, Hilo, HI 96720; 808/961-6939.*

Bridge across the desert. Lake Havasu City in Arizona celebrates its most famous landmark, the London Bridge, with a week of festivities, October 8–14. A delegation of Londoners will participate in the feudal Quit Rent Ceremony during which they accept an annual gift in exchange for use of London-owned land close to the bridge. Expect plenty of old English revelry, including costume contests, under the bridge and in the English Village around it. *1930 Mesquite Ave., Suite 3, Dept. BHG, Lake Havasu City, AZ 86403; 800/2-HAVASU.*



LAKE HAVASU AREA V&CB

Lake Havasu City honors its most famous landmark during London Bridge Days.

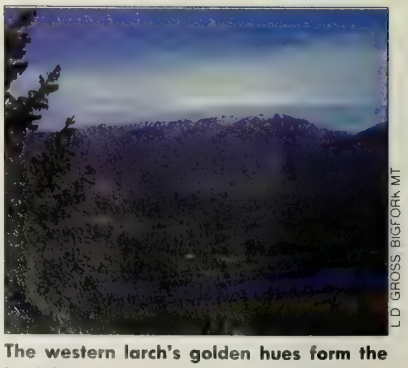
Oh, to be a kid. The Head Start Center of Omak, a small town in north-central Washington, sets aside two days, October 26 and 27, just for children. Youngsters create their own crafts, make biscuits, and carve pumpkins. They watch puppet tales, march in a parade, explore a fire engine, drink cider they have pressed, and munch ants on a log (peanut butter and raisins on celery). Parents are also welcome to attend the events, all of which are free. For more information: *P.O. Box 1844, Dept. BHG, Omak, WA 98841; 509/826-2466.*

Back in ragtime. San Francisco tips its hat to the 1915 Panama-Pacific Fair by honoring its Palace of Fine Arts October 13 and 14. The ornate building was constructed 75 years ago during the fair that celebrated the opening of the Panama Canal. Visitors will take guided architectural tours of the structure and hear oral histories of those who attended the first fair, all against a background of period music such as ragtime and Isadora Duncan-style dancers. *3601 Lyon St., Dept. BHG, San Francisco, CA 94123; 415/561-0360.*

High rollers. At the Canyonlands Fat Tire Festival, bicycle festivities outrank competition, October 23–28 in Utah's biking town of Moab. Locals lead daily rides, spectators watch bicycle polo contests, and everyone gets in on the action with a poker run in which bikers ride a course, picking up playing cards at various stops. The best poker hands win prizes. At an adults-only Halloween party, the best-costumed revelers win bicycles. *94 West 100 N, Dept. BHG, Moab, UT 84532; 801/259-5333.*

ORCHIDS GALORE. Enjoy an abundance of beauty in an exotic setting at the fourth annual East-West Orchid Show, October 27 and 28, at The New Otani Hotel & Garden and the Weller Court Shopping Center in Los Angeles' Little Tokyo. Elaborate floral displays and thousands of orchid plants highlight the free exhibit, along with orchid-growing demonstrations, slide shows, and lectures. *213/485-1177.*

In a golden glow. The Montana town of Bigfork celebrates autumn with its annual Tamarack Time! on October 13 and 14. The namesake tree, also known as the western larch, provides a glorious autumnal setting as its needles turn golden bronze and drop. Musical entertainment, a farmers' market, and a cooking contest (anybody enters, everybody samples) punctuate the event. Galleries and shops in the village are decked with special displays to heighten the mood. *Box 400, Dept. BHG, Bigfork, MT 59911; 406/837-4848.*



L.D. GROSS BIGFORK MT

The western larch's golden hues form the backdrop for Tamarack Time! in Montana.

SHORT TAKES AND TIPS

News and notes to boost your travel plans

Ski it to believe it. If you're planning to ski Colorado this year, take note of the special promotions that resorts throughout the state extend. Small ski areas reduce their weekend and weekday lift ticket prices with a program called "Gems of the Rockies." Get coupons for discount skiing at Colorado Conoco gas stations. The Colorado Ski It to Believe It promotion offers beginners a break at a wide range of resorts with a $20 learn-to-ski package. During December and January, $20 buys novices a group lesson, equipment rental, and access to beginner slopes. This learn-to-ski effort is part of a nationwide campaign sponsored by the ski industry to introduce people to the sport. For details: *Colorado Ski Country USA, 303/837-0793.*



ROD WALKER/WINTER PARK RESORT

Colorado offers special deals for beginners plus discounted ski packages.

Tuned to history. Nevada wraps up its 125th anniversary year October 31, Nevada Day, with a television show intended to link the state through technology. Taped segments will feature interviews with the oldest living person in each county. Between interviews, there will be live coverage of anniversary doings, including the annual state parade in Carson City. (Local folks celebrate Halloween on October 30 because Nevada Day, a state holiday, claims October 31.) *800/237-0774.*

—By Kathryn Stechert Black

Do you need more than 9 months to have a baby?

It can take many months to conceive, but the FIRST RESPONSE® Ovulation Predictor Test can help make it happen sooner.*

Normally it takes 4 to 6 months for most couples to get pregnant, which many people find surprising. If you want to have a baby at a certain time of year, you may need help in timing conception.† The FIRST RESPONSE® Ovulation Predictor Test can help since it detects the hormone that triggers ovulation. This lets you know the one time of month you're most able to get pregnant to help you plan to have a baby when you want to.

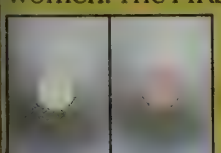


Can the FIRST RESPONSE® Ovulation Predictor Test make planning a baby easier, even if your cycle is not always regular?

Yes. Most women have cycles that vary by 3 or more days. The FIRST RESPONSE® Ovulation Predictor Test has instructions that let you know when to start testing. So even if your cycle isn't always regular, this test can help you to predict when you will ovulate.

Which over-the-counter ovulation predictor test do OB/GYNs recommend most?

The FIRST RESPONSE® Ovulation Predictor Test. It's also the test preferred by more women. The FIRST RESPONSE® Ovulation Predictor Test is very easy to use. In just 10 minutes, a color change from white to pink reference color means you'll ovulate in 12 to 24 hours. Unlike most other ovulation tests, there is no need for day-to-day test comparisons.



Not ovulating | About to ovulate

If you think you're pregnant, why should you use the FIRST RESPONSE® Pregnancy Test instead of other home pregnancy tests?

The FIRST RESPONSE® Pregnancy Test gives you an easy-to-read "yes" or "no" result in just 5 minutes, and this test—which is so easy to do—can be done any time of day.

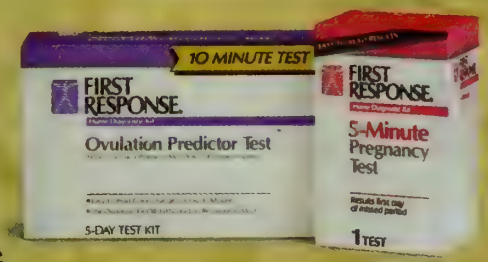
How early can the FIRST RESPONSE® Pregnancy Test tell if you're pregnant or not?

The FIRST RESPONSE® Pregnancy Test is so sensitive, it can detect very small amounts of the pregnancy hormone. That's why this test can tell you if you're pregnant or not on the first day of your missed period. No other home test can be used earlier.

How sure can you be that the FIRST RESPONSE® Home Diagnostic Tests are accurate?

Both the FIRST RESPONSE® Pregnancy Test and the FIRST RESPONSE® Ovulation Predictor Test have been proven 99% accurate in laboratory testing. But the best proof is the many women who have conceived and confirmed their pregnancies, thanks to the FIRST RESPONSE® Home Diagnostic Tests.

Questions? Call toll-free 1-800-367-6022



FIRST RESPONSE®
HOME DIAGNOSTIC KITS

One test is worth a thousand guesses.

FIRST RESPONSE and the Human Figure Design are the registered trademarks of HYGEIA SCIENCES, INC., a subsidiary of Carter-Wallace, Inc. © 1989, 1990 Hygeia Sciences, Inc.

*Ovulation tests cannot help predict timing of conception if other medical conditions are present which affect your ability to conceive.

†FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

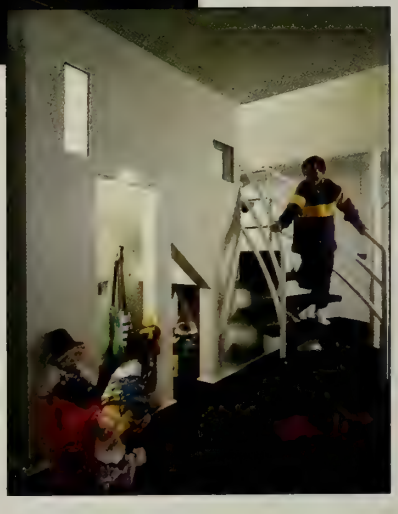
UNDER-THE-STAIRS PLAYHOUSE



PHOTOGRAPHS: JESSIE WALKER DESIGN: THE VASSA GROUP REGIONAL EDITOR: JESSIE WALKER ASSOCIATES

Peekaboo cutouts and glass blocks dress a drywall box to bedazzle the eye. High-gloss paint shrugs off sticky handprints from active youngsters.

A curvy white railing arcs frisky kids right into a hide-and-seek heaven of peekaboo doors and windows.



Not enough space for a playroom? How about an indoor playhouse! This magical place nestles neatly under the basement stairs.

Though 4½ years separate them, Rachel and David Nathan agree that their new indoor playhouse is hide-and-seek heaven. Part of a basement remodel, the structure—tucked under the basement stairs with 2×4 framing and drywall—takes up about 30 square feet of space and endless amounts of the kids' imaginations.

Geometric cutouts form peekaboo entries and exits. Playful courses of glass blocks are whimsical windows. Inside, the slanting ceiling—about 7 feet high at the high end and nearly 4 feet high at the low end—creates plenty of stand-up, spread-out, and crawl-under spaces. A soft carpet with playful crayon-colored stripes cushions little knees and bottoms. An interior light fixture and switch keep the playhouse hopping with make-believe day or night.



She's a pretty little miss, very loyal to her Queen, and her name is...

Victoria Anne

An enchanting hand-painted porcelain collector doll, authentically costumed for a stylish seaside promenade.

Victoria is a golden-haired child from a bygone age. Dressed in her Sunday finest, she's eager to promenade along the boardwalk and piers at Brighton, Victorian England's most fashionable seaside resort. In her daintily tucked ivory frock and matching lace-trimmed bonnet, she is ready to see and be seen by the most elegant members of society—even, perhaps, the revered Queen for whom she was named.

You'll be charmed by Victoria's deep blue eyes, long honey-blond curls and beautiful English complexion. You'll be pleased as well with the authentic detail of her costume—the delicate edging on her starched white petticoat and pantalets... the tiny covered buttons on her strapped pumps. And you'll appreciate the care with which her hands, legs and head have been sculpted of bisque porcelain and meticulously painted by hand—just like the finest antique dolls.

In fact, at the favorable price of only $58.50, Victoria Anne offers quality, detailing and craftsmanship rarely found in collector dolls priced considerably higher. This lovely handmade, hand-dressed imported doll is available in the U.S. exclusively from Princeton Gallery—and only by direct order. Not available in any store. Send no money now, but do order by October 31, 1990.

© 1990 PG 573931

ORDER FORM
Please mail by October 31, 1990

Please accept my order for *Victoria Anne*, a 14" hand-painted bisque porcelain collector doll, completely outfitted in a lace-trimmed ivory frock and matching bonnet.

I need send no money now. I will be billed in three monthly installments of $19.50* each.

Name _____
PLEASE PRINT

Address _____

City _____ State _____ Zip _____

*Plus $4.25 per doll for shipping and handling. Sales tax will be billed if applicable. 573931

☐ Check here to have one charge of $58.50* applied to your:
☐ MasterCard ☐ VISA ☐ American Express

Acct. No. _____ Exp. _____

Signature _____

The Princeton Gallery no-risk one-year guarantee assures your complete satisfaction.

MAIL TO: Princeton Gallery, Studio 344
301 North Harrison Street
Princeton, New Jersey 08540

SIMPLE SOUP SUPPERS
Two meals to fix in minutes



PHOTOGRAPHS: SCOTT LITTLE

Lentil and Sausage Soup **satisfies with chunky meat and vegetables.**



Sprinkle a little crisp-cooked bacon over *Red Brunswick Stew*.

LENTIL AND SAUSAGE SOUP

Combining low-cost, high-fiber lentils with some sausage makes this dish affordable and nutritious—

- **1 cup dry lentils**
- **5 cups water**
- **½ cup chopped onion**
- **1 Tbsp. instant beef bouillon granules**
- **½ tsp. salt**
- **½ tsp. dried basil, crushed**
- **¼ tsp. pepper**
- **12 oz. fully cooked smoked sausage *or* Polish sausage, quartered lengthwise and sliced ½ inch thick**
- **1 10-oz. pkg. frozen cut broccoli**
- **1 medium carrot, halved lengthwise and thinly sliced (½ cup)**

Rinse lentils and drain. In a large saucepan combine lentils, water, onion, bouillon granules, salt, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer for 25 minutes.

Add sausage, frozen broccoli, and carrot. Return to boiling. Simmer, covered, for 10 to 15 minutes longer or till lentils and vegetables are tender. Makes 4 servings.

Nutrition information per serving: *478 cal., 28 g pro., 36 g carbo., 25 g fat, 60 mg chol., 1,735 mg sodium, 860 mg potassium, and 9 g dietary fiber. U.S. RDA: 80% vit. A, 57% vit. C, 71% thiamine, 26% riboflavin, 35% niacin, 10% calcium, 35% iron.*

RED BRUNSWICK STEW

A shortcut version of the classical southern corn-and-lima soup—

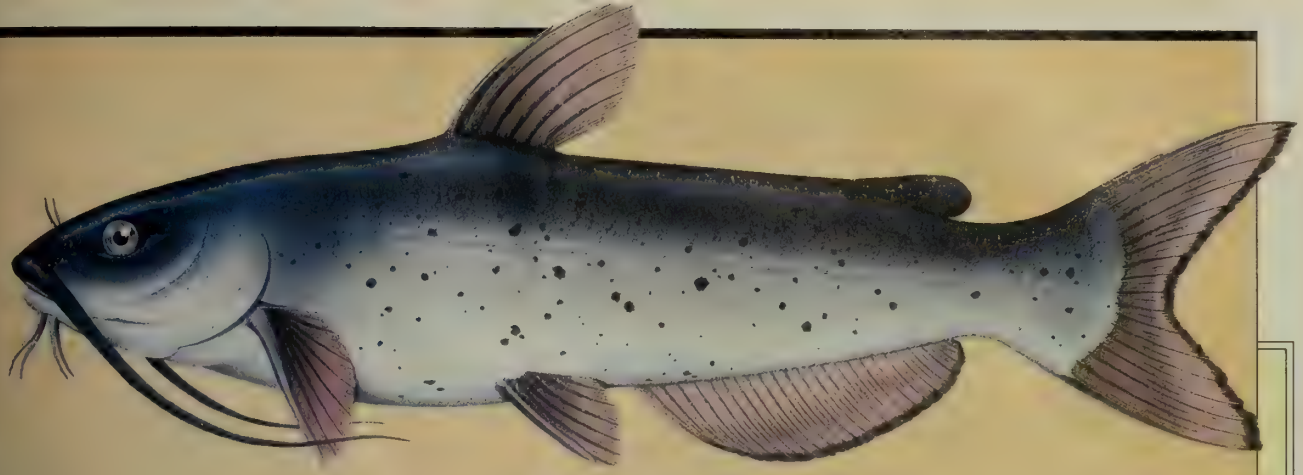
- **3 slices bacon, cut in half crosswise**
- **1 16-oz. can stewed tomatoes**
- **1 14½-oz. can chicken broth**
- **1 large potato, peeled and chopped (about 1½ cups)**
- **1 9- *or* 10-oz. pkg. frozen corn and lima beans (succotash)**
- **1 6-oz. can (⅔ cup) tomato juice**
- **1 tsp. dried minced onion**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **¼ cup cold water**
- **2 Tbsp. all-purpose flour**
- **2 cups cubed cooked turkey *or* chicken**

In a large saucepan cook bacon till crisp. Remove bacon, discarding drippings. Drain bacon on paper towels. Crumble; set aside.

In the same saucepan combine stewed tomatoes, chicken broth, potato, corn and lima beans, tomato juice, onion, salt, and pepper. Bring to boiling; reduce heat. Cover; simmer 20 minutes or till potatoes are tender.

In a small bowl combine water and flour; stir till smooth. Stir flour mixture into saucepan; cook and stir till thickened and bubbly. Cook and stir 1 minute more. Stir in turkey; heat through. Spoon into bowls. Top each serving with bacon. Serves 4.

Nutrition information per serving: *337 cal., 30 g pro., 40 g carbo., 7 g fat, 58 mg chol., 1,187 mg sodium, 1,094 mg potassium, and 7 g dietary fiber. U.S. RDA: 13% vit. A, 56% vit. C, 30% thiamine, 25% riboflavin, 64% niacin, 10% calcium, 20% iron.*



IN BELZONI, MISSISSIPPI, WE KEEP A FILE OF CATFISH RECIPES. WE'RE AT 2,356 AND COUNTING.

We always knew Mississippi Prime Catfish was versatile. What we underestimated was the creativity of the people who prepare it. They've baked it, broiled it, blackened it. Grilled, stewed and stir-fried it. Our catfish has been substituted for chicken, replaced dover sole, taken the place of salmon. Why? It's high in protein, low in calories. And catfish always cooks flaky and firm, with a fine, delicate taste. In fact, we now have so many recipes, it's time to add our second filing cabinet.



The miracle of the Mississippi Prime Catfish begins here. Raised in pure, freshwater ponds on a gourmet diet of natural grains and proteins.

Here are some of our favorite Mississippi Prime Catfish recipes. We wouldn't mind if you send us a few of yours.

Stir-Fried Catfish



Pan-Sauteed Catfish



Blackened Catfish



Grilled Catfish With Salsa



The Mississippi Prime seal indicates quality, freshness and purity. These brands proudly carry it: America's Catch, Country Skillet, Delta Pride, Freshwater Farms, Pride of the Pond, Simmon's Farm-Raised Catfish and SouthFresh Farms.

MISSISSIPPI PRIME FARM-RAISED CATFISH

If you'd like to try some of our ever-growing list of Catfish recipes, write for our recipe book.

NAME

ADDRESS

CITY

STATE ZIP

Send a check or money order for $2.00 to:
The Catfish Institute
Box 327
Belzoni, MS 39038 BH

THE FAMILY AT HOME WITH Better Homes and Gardens®

AN EVENT FOR THE ENTIRE FAMILY
FROM AMERICA'S FAMILY MAGAZINE

❦ FREE SAMPLES AND COUPONS
❦ VIDEOS ❦ RECIPE DEMONSTRATIONS

CHECK YOUR LOCAL NEWSPAPER FOR THE MALL LOCATION NEAREST YOU!

NEW. Outer Space. Watch your kids create projects that are out of this world, such as Flying Saucers, Shooting Stars and a Spaceship Sandwich. All projects can be completed in a single session, and use common, inexpensive materials. Hardcover. Only $4.95





NEW. Creepy Monsters. Kids will have fun creating monsters of all shapes and sizes, including a Glowing Ghost Costume, Bigfoot Footprints, Spooky Cookies and others. All projects are child-tested and have easy-to-follow directions. Hardcover. Only $4.95

NEW. The Surprising Pockets. In this delightful tale, Tweetums is nervous about the new baby-sitter coming to stay with her. But much to her surprise, she discovers something wonderful about the baby-sitter! Hardcover. Only $4.95





NEW. The Princess and The Pirates. From the moment a parrot shows up with a treasure map, Max the Dragon™ and his friends realize this is no ordinary day at the beach. In this wonderful story, though, your children will be the ones who make the biggest discovery of all! Hardcover. Only $4.95

All books available wherever books are sold

New Max the Dragon™ books are pure child's play.

Better Homes and Gardens® BOOKS

BETTER IDEAS

BUDGET DECORATING MAKES GOOD CENTS



PHOTOGRAPH: SCOTT LITTLE DESIGN: REBECCA JERDEE

Fresh-air dining comes indoors by way of wire patio chairs and an umbrella table.

When you can't cough up the cash to furnish the whole house, put up a "work-in-progress" sign and try these budget stretchers.

The wise economize, thinking twice before making furniture purchases. As the budget allows, you'll want to build a flexible wardrobe of furnishings that will serve immediate needs but last long enough to perform different functions later on.

Outdoor furnishings. Create living and dining settings with patio pieces that can go outside someday. Inexpensive and handsome, they'll work hard while they add garden-style freshness to your rooms. Check garden centers and importers such as Pier 1 Imports.

Double-duty furnishings. Choose pieces with two jobs: studio sofas that fold out to beds; twin beds that sleep at night and sit up all day; a table that pretends it's a desk; or trunks that serve as coffee tables while they store gear. Shopping hint: Don't forget home furnishings catalogs, such as Spiegel or Conran's.

Secondhand bargains. A good used sofa can be a better buy than a low-quality new one. Scour antiques stores, garage sales, and flea markets.

Unfinished and kit furnishings. Save money on chests, beds, and storage units you finish yourself. Check JC Penney and Sears catalogs.

Hershey invites you
to enjoy six luscious squares of
rich chocolate filled with
caramel and chocolate creme.



RSVP

1989 Hershey Foods Corporation

WINDOW-WISE WORKROOM



Borrowed space provided a nifty home office niche.



This interior window keeps computer users in touch.

PHOTOS: KIM BRUN ARCHITECT: TARASUCK-FOLEY AND ASSOCIATES
REGIONAL EDITOR: SHARON HAVEN

High-tech home headquarters should have a place where you can park the PC. Yet many homes offer limited options for home offices—you either work in a converted closet or sacrifice an entire room. If you're desperately seeking space for elbows and microchips to help you tackle take-home assignments, then take a peek through the window at this family's solution.

Borrowed space from a wide, dead-end hallway provided enough room to create a home office and computer center for Wendy and Dick Walker and their three children.

Originally the Walkers envisioned an isolated room, but their architect persuaded them otherwise. Noting how close-knit the family was, the architect recommended a central location—a workstation snuggled into the heart of the home with interior views to the rest of the main living area. The idea was to create a space that helps keep the family together even when they work on different tasks.

A big interior window looks out over the family room and kitchen. It offers a cure for cubbyhole claustrophobia, yet the panes of glass block out family-room noise and allow for better concentration. "It's nice to be in the computer room and still be with the rest of the family," says Wendy, "and the children can use the computer and I can watch them from the kitchen."

The wood countertop and laminate drawers also tie in the area by matching the materials used in the kitchen. Built-in cabinet drawers maximize storage, and the lowered platform for the computer keyboard eases the strain of long work sessions.

WHERE TO SEE FOUNTAINHEAD®
BY NEVAMAR

LOS ANGELES METRO AREA

Anaheim
Reborn Cabinets, Inc.
2821 E. Whitestar Ave., Suite K
(714) 630-2220

Carson
Simms Custom Cabinets
255 W. Torrance Blvd., Suite A
(213) 323-8100

Chino
The Remodeling Center by Townsend Construction
3340 Riverside Dr., Suite J
(714) 590-5091

Glendale
Feldman's
1222 E. Colorado St.
(818) 244-3189

Huntington Beach
The Artifactory
7272 Saturn Dr., Suite R
(714) 848-4085

La Habra
Selective Timber
1989 S. Cypress, Unit H&I
(714) 738-0484

Laguna Hills
Fancy Faucets
24351 Avenue De La Carlotta, N-3
(714) 768-3429

Laguna Niguel
Niguel Home Center
28002 Forbes Rd., Suite B
(714) 364-5530

Long Beach
Kitchens By The Sea
4403 Los Coyotes Diagonal
(213) 597-8400

Orange
Kitchen Design Centre
2284 N. Glassell, Suite F
(714) 282-1100

Pasadena
Kitchens by Stewart
698 E. Colorado Blvd.
(818) 792-4208

San Bernardino
Kitchen Koncepts
337 S. Arrowhead Ave.
(714) 885-2112

San Fernando
Pendleton Cabinets
747 Arroyo
(818) 342-7880

San Juan Capistrano
Heritage Kitchens, Inc.
(714) 661-6254

San Marino
Huntington Bath Concepts
2301 Huntington Dr.
(818) 793-5297

Tarzana
Jackson-Cohen
19207 Ventura Blvd.
(818) 609-1800

Van Nuys
Valley Kitchen and Bath
13717 Victory Blvd.
(818) 988-9124

SAN DIEGO METRO AREA

Escondido
Kitchen Cabinet Shoppe
750 N. Citracado Pkwy., Suite B
(619) 489-5577

La Jolla
Design Studio West
7426 Girard Ave.
(619) 454-9133

Kitchen Expo
7458 La Jolla Blvd.
(619) 456-0050

San Diego
Diamond Kitchens
124 Beech St.
(619) 239-1555

Kreative Kitchens and Baths
7878 Clairemont Mesa Blvd.
(619) 569-5991

Pinnochios
1130 W. Morena Blvd.
(619) 275-0825

San Marcos
San Marcos Mill
443 E. Mission
(619) 744-1377

SAN FRANCISCO METRO AREA

Palo Alto
Wood and Windows
619 Emerson
(415) 323-7160

Redwood City
Affordable Design
1709 E. Bayshore Rd., #3
(415) 367-8816

Bernegger Environmental Design
732 Hurlingame Ave.
(415) 364-2370

San Carlos
Prestige Kitchen & Bath
1113 Industrial Rd., Levitz Square
(415) 592-7911

San Francisco
Continental Kitchen & Bath
340 West Portal
(415) 661-6776

Creative Kitchens
2901 Mariposa, Space #19
(415) 431-7472

Gilman Screens & Kitchens
228 Bayshore Blvd.
(415) 550-8848

San Jose
M.A.M. Kitchen & Bath Design Center
1676 Monterey Rd.
(408) 298-8668

San Rafael
Aurora Cabinets & Countertops, Inc.
30 Mark Dr.
(415) 472-4171

Builder's Design & Supply
425 Irwin St.
(415) 454-2445

Santa Cruz
Countercraft
834 17th Ave.
(408) 462-6458

Santa Rosa
Design House
3504 Industrial Dr.
(707) 575-3830

ELEGANT SOLID SURFACING FOR YOUR HOME.

FOUNTAINHEAD®

BY NEVAMAR

Bring rich, natural warmth to kitchens, baths and other areas of your home with Fountainhead premium solid surfacing. Available in a variety of distinctive colors and patterns to complement interior designs from contemporary to traditional, Fountainhead is ideal for countertops, vanities, wet bars, table tops and much more.

But Fountainhead is much more than beautiful. It's easy to maintain, and extremely durable with high resistance to heat, impact and mildew. Stains are no problem either; even tough ones like grape juice or iodine won't harm Fountainhead. Because its color runs throughout its thickness, the surface can easily be repaired to keep its new appearance. And custom edge designs are unlimited.

Add lasting elegance to your home with Fountainhead by Nevamar. See your local kitchen and bath dealer for color choices and complete information including details on our 10-Year Limited Warranty…or write Nevamar Corporation, 8339 Telegraph Road, Odenton, Maryland 21113.



n: Lee Najam, I.S.I.D. Fabrication: Plexability, Ltd.
graphy: JDN Photography
rial: White Matrix, Medium Gray Matrix



EVAMAR®
ORATIVE SURFACES

OPEN YOUR DOOR
TO THE COMPANIONSHIP
OF ALL ANIMALS

JOIN THE ANIMAL
PRESERVATION LEAGUE



Be a part of the **Animal Preservation League's *direct funding*** of programs that preserve the world's animals and their habitats. The **Animal Preservation League (APL)** needs your membership to safeguard our precious animal heritage for future generations. Your tax deductible contribution enables you to select and aid as many conservation and preservation efforts as ***you*** choose. ***The APL Preservationist***, will keep you informed on events and issues, and how your membership is helping safeguard animals. ***The APL can assist many species with your help.*** **YOU** can make a difference!

Animal Preservation-Be Responsible

Each member will receive a membership card, a subscription to The APL Preservationist, and a wallet-size address book with the APL logo. Join now and receive 1990 & 1991 membership privileges. ($500.00 contributors and above will receive a wall plaque.)

Name:_____
Address: _____
_____
Phone:_____

__$25 __$50 __$100 __$500 __$1000
(Check or Money Order, please)

__Animal Parks & Zoos
__Animal Shelters & Rescues
__Wildlife Sanctuaries
__Wilderness Areas
__Marine Life/Oceanic Preservation Efforts
__Rainforest Conservation
__Endangered Species
__Favorite Species _____
__Other_____

Mail your tax deductible contribution to Animal Preservation League, 870 Market Street, Suite 553, San Francisco, CA 94102

GARAGE-TOP GAME ROOM



PHOTOGRAPHS: RICK TAYLOR REGIONAL EDITOR: RUTH L. REITER
ARCHITECT: KENNETH LYNCH, AIA

The game room was built for easy conversion to a spare bedroom.

Jack and Pat Kelly believe in balancing hard work with good fun. Their new game room provides a place to unwind in the evenings and to entertain friends on weekends.

The Kellys wanted a room for informal entertaining and recreation—and Jack especially wanted a pool table. Because they had no basement, they decided to build an addition over their two-car garage. By raising the roof, the Kellys gained enough space for a pool table, wet bar, bathroom, and seating for about 10 people. The great weight of the pool table required that they install a steel beam to reinforce the floor under it.

The couple can enter the game room from a hallway on the second floor. Or, when they have guests, they can walk from the first-floor den through a hallway (formerly a utility room) behind the garage and up the new flight of stairs that leads to the game room.

Because they expect to sell the house someday, the Kellys included a full bath and closet space so that the future owners can convert the room into a mother-in-law suite. The addition has its own heating system.



The new dormer and raised roof blend well with the main house.



The stairwell culminates in a dramatic, front-facing dormer.

Mahogany-finished hardwood display specially designed to hold all 25 sculptures is yours at no additional cost! It comes ready to hang on a wall or sit on a table.

Display included at
NO ADDITIONAL CHARGE!





A PROFESSIONAL PORTRAIT ISN'T EXPENSIVE. IT'S PRICELESS.

Home is where the heart is. For your family, it could be a summer cottage or a ski lodge. Wherever you go, whatever you do, a professional portrait can capture the essence of your lifestyle. See for yourself.

Look for a professional photographer who displays the "For the Times of Your Life" symbol. And arrange for an environmental portrait.

for The Times of Your Life
We Use Kodak Film & Paper

© Eastman Kodak Company, 1990

PROFESSIONAL
PHOTOGRAPHY DIVISION



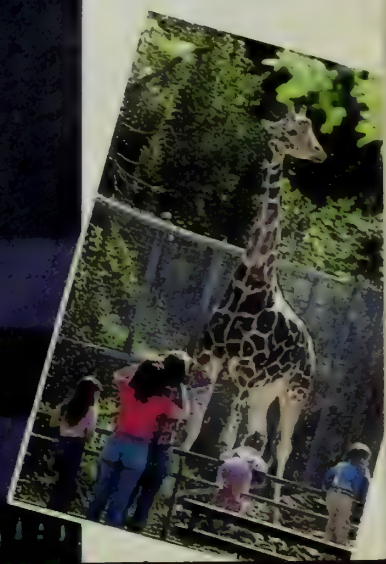


AMERICA'S SURPRISING CITIES

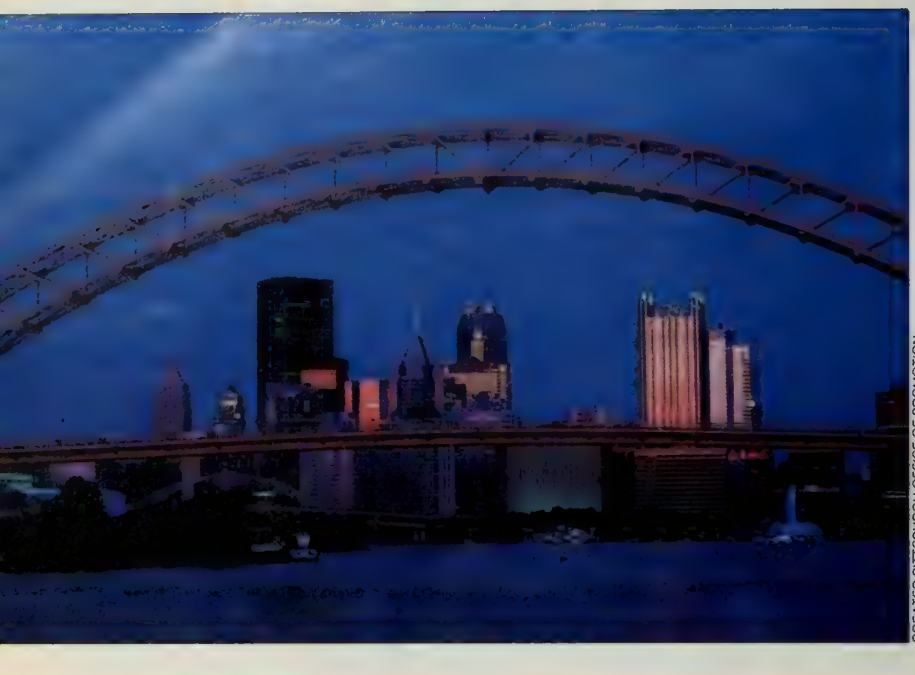
Cities pack more wallop per square mile than just about any other travel destination. They let you select from a multitude of activities and offer a wide choice of restaurants and accommodations to fit nearly any budget.

When most of us think of city escapes, we visualize New York, San Francisco, and other megalopolises. But the United States abounds with smaller cities that feature many of the same lures—marvelous museums, spectator sports, historical attractions, cultural events, parks, golf facilities, zoos, and diverse nightlife—in a more intimate setting.

We've selected six cities that aren't as well known for being travel destinations, but provide surprisingly good vacation opportunities. Saint Paul and Fort Worth have been eclipsed for years by their glamorous neighbors, while Pittsburgh and Sacramento have cleaned up their acts and now boast new images. Tucson is more than just a haven for retirees, and goin' to Kansas City has never been more rewarding.



UPPER RIGHT PHOTOGRAPH: TERRY BARNER/UNICORN STOCK PHOTOS. LOWER RIGHT: CROWN CEN
MARK E. GIBSON; BOTTOM RIGHT PHOTOGRAPH: SALLY MYERS



GREATER PITTSBURGH OFFICE OF PROMOTION

Pittsburgh's dazzling new skyline demonstrates urban renewal at its finest.

PITTSBURGH, PENNSYLVANIA

A sparkling new image

You meet Pittsburgh suddenly. Coming from the west, the direction of the airport, you emerge from a mountain tunnel and the shimmering Golden Triangle bursts into view, perfectly framed. Pittsburgh has traded in its Smoky City image for clear skies, sparkling rivers, and a high-tech skyline.

Entering the '90s, the city strikes a pleasing balance of gleam and green. Two massive civic "renaissance" programs cleaned up the air and created such attractions as Point State Park, Gateway Center, Three Rivers Stadium (of Steelers and Pirates fame), the Penguins' Civic Arena, a convention center, and the crystal castle PPG Place and other standout skyscrapers. Many elegant old buildings remain—Heinz Hall for the Performing Arts, for example, the dramatically renovated home of the Pittsburgh Symphony, and the lavish Benedum Center, where the Pittsburgh Opera and Ballet perform.

A commanding point. From any perspective, Pittsburgh's terrain is spectacular. The Allegheny and Monongahela rivers slice through forested hills to meet at the Point, forming the Ohio River. Houses climb hills so steep that buildings seem stacked on top of one another, and streets turn abruptly into steps. Hundreds of graceful bridges span rivers and ravines.

After the War of 1812, Pittsburgh grew rapidly. But its strategic location and plentiful natural resources were almost the city's undoing. By 1870, Iron City factories were producing half the earth's glass and iron and almost all of its oil. Smoke spewed into the sky, sometimes turning day into night. The enormous wealth Pittsburgh's industries spawned also created beautiful parks, museums, galleries, and golf courses.

Station Square. For a dramatic view of the city from the south, take the 1870 Monongahela Incline, one of two historical inclined planes remaining. The trolley soars 635 feet to Mt. Washington. Stroll along Grandview Avenue, and, after dark, marvel at the city lights.

Nearby Station Square, a shopping, dining, entertainment, and hotel complex, was converted from buildings of the Pittsburgh & Lake Erie Railroad.

This is the place to board the Gateway Clipper Fleet's boats for trips on the three rivers. Delight the kids with a sail on the Good Ship Lollipop, or try a sunset cruise past the 150-foot fountain at Point State Park, or an ethnic dinner dance. (Pittsburgh boasts some 88 separate neighborhoods, each with its own pride and flavor, often ethnic, from largely Italian Bloomfield and German Lawrenceville, to Polish Hill.)

Dinosaurs to daisies. In the city's Oakland section on the edge of 456-acre Schenley Park, it just *seems* as if everything is named for 19th-century industrialist and philanthropist Andrew Carnegie. Carnegie Mellon University houses the Robotics Institute. The Carnegie Museum of Natural History is famous for the Walton Hall of Ancient Egypt, Polar World, and Dinosaur Hall. At the nearby 1893 Phipps Conservatory, you can wander through 2½ acres of plants and flowers in 13 rooms, or enjoy the outdoor garden.

The birds and the beasts. Pittsburgh's 75-acre natural habitat zoo includes an African savanna, Aqua Zoo, with a natural living coral reef, and a hands-on children's section. Visiting the Aviary, across the Allegheny River, is like a trip to a tropical jungle, with most of its 700 inhabitants in free flight. The Children's Museum and Buhl Science Center, with sky and laser shows, are also on Pittsburgh's North Side.

Creature comforts. The Vista International: luxurious downtown hotel; weekend packages starting at $99; kids' menus, concierge service tuned in to families' needs. The Priory: one-half mile from the Golden Triangle; elegant, intimate, 1888 inn; Victorian furnishings; weekend rates from $75.

For fine downtown dining: Jake's Above the Square or the Harvest at the Vista; good kids' menus at Juno Trattoria in One Oxford Center and Klein's, a top fish restaurant.

Greater Pittsburgh Convention & Visitors Bureau, Inc., Four Gateway Center, Dept. BHG, Pittsburgh, PA 15222; 800/821-1888; in state, 800/255-0855.

By Lynne Muller

continued on page 164

The American Tobacco Co. 1990.



Full Flavor.
Lights.
enthol Lights.
Ultra Lights.

Surprisingly rich.

At ½ price.*

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Ultra Lights 100's: 6 mg. "tar", 0.6 mg. nicotine; Lights & Menthol Lights, Kings and 100's: 12 mg. "tar", 1.0 mg. nicotine; Full Flavor Kings and 100's: 16 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

***BASED ON MANUFACTURERS LIST PRICE FOR 100's.**



GREG RYAN/SALLY BEYER

Saint Paul's Como Park features an elegant Conservatory (*left*), zoo, Japanese Gardens, and golf.

SAINT PAUL, MINNESOTA

Old-world charm in a river town

Once overshadowed by its glittering "twin," Minneapolis, Saint Paul has undergone a recent resurrection that *could* tempt its residents to thumb their noses at their neighbor—except that good manners are a given in the gracious Minnesota capital on the Mississippi River.

What's surprising is that Saint Paul's considerable charms have been underplayed for so long. But no more. Today, the city of some 265,000 inhabitants is a first-rate vacation destination, a friendly river-bluff town with a distinctly European air. Much of that ambience is a matter of scale: Tall, new buildings blend tastefully with splendidly restored smaller ones, and individual neighborhoods invite casual exploring.

The river. Saint Paul began as a trading post in the 1840s on a quixotic, west-to-east twist in the Mississippi. Enjoy good food and a river view at LeCarrousel, atop the Radisson Hotel St. Paul, and take a two-hour paddleboat cruise on the Padelford Line to Historic Fort Snelling. Visit the restored 1820 fort separately for a rousing display of musket drills.

Two great domes dominate the city's skyline from the river: The capitol, created in 1905 by Cass Gilbert, designer of the U.S. Supreme Court (free tours); and The Cathedral of Saint Paul, magnificently modeled after St. Peter's in Rome.

The neighborhoods. Saint Paul is a walking town—clean, safe, and welcoming. Near Cathedral Hill, block after block of breathtaking Victorian homes stretch along Summit Avenue. F. Scott Fitzgerald lived at Number 599 (look for the plaque). At 240 Summit, visit the 1891 mansion built by railroad tycoon James J. Hill, with exquisite carved wood and stained glass, and "modern" devices for central heating and security.

An abundance of specialty shops and ethnic restaurants lines Grand Avenue, parallel to Summit. In fashionable Irvine Park, the 1872 Alexander Ramsey home displays many of its original furnishings. Dine sumptuously at Forepaugh's in a lovely restored Victorian home across the way.

Skywalks and shops. You can cover 3½ miles of downtown Saint Paul without encountering a drop of rain or snow, thanks to the skywalk system. Shop at the huge Saint Paul Center indoor mall, then enjoy a noontime concert in the mall's tropical Town Square Park. Walk eastward to Galtier Plaza, a glass-atrium extravaganza. The surrounding area, Lowertown, boasts 14 blocks of fine old buildings, home to many artists. Try Leeann Chin's all-you-can-eat Chinese buffets.

At the skywalk's west end, Rice Park mixes old and new in fine style: the St. Paul Hotel, venerable and brightly refurbished; the striking copper-and-glass Ordway Music Theatre; and Landmark Center, once a courthouse famed for gangster trials. Visit the Schubert Keyboard Instrument Museum.

North of downtown, Bandana Square was created from a former railroad-car repair station. Tracks remain imbedded in the floors, original beams still truss up the walls and ceilings, and full-size railroad cars are parked for exploration. Shop for Indian-made moccasins and loon tapes at Minnesota Seasons. Visit the model railroad club (open at noon), and sample the Cajun meat loaf at Filberts. A mile north is Como Park, with a zoo, conservatory, Japanese Gardens, and a 9-hole public golf course. Call *612/489-1740* for information about Como and Saint Paul's two other excellent courses.

For kids (of all ages). *The Science Museum of Minnesota:* First-rate exhibits, an engulfing Omnitheater, Dinosaur Lab where scientists assemble skeletons, educational gift shops.

The Children's Museum: At Bandana Square; such hands-on adventures as running a kid-size crane or TV show; "Habitot," with crawling and climbing spaces for ages 6 months to 3 years.

The Saint Paul Winter Carnival: January 23–February 3, 1991; ice sculptures, parades, sports, general frivolity.

Creature comforts. The Sunwood Inn, at Bandana Square: from $39.95 a night double, kids under 13 free. The Radisson Hotel St. Paul: suites, $100–$110 a night with breakfast; shoppers' and other packages. Embassy Suites: two rooms, kitchenette, complimentary full breakfasts, from $89 for one to four adults, under age 12 free. The St. Paul Hotel; special weekend rates, $69 a night; romantic and theater packages.

Saint Paul Convention and Visitors Bureau, Dept. BHG, 600 NCL Tower, Saint Paul, MN 55101; 612/297-6985.

By Margaret Daly

continued on page 166



If you don't have 12 inches of attic insulation, you don't have enough.



According to the Department of Energy, most attics should be insulated to an R-value of 38. That's 12 inches of Owens-Corning Pink* Fiberglas® blanket insulation. Unfortunately, too many homes don't have enough. They waste heat in the winter; air conditioning in the summer. And money year round.

What about your house? To find out if you're properly insulated, take a ruler up to the attic. If you don't have 12 inches of Pink Fiberglas blanket insulation, visit your Owens-Corning retailer and get some more. It's easy to install. And cheaper than years of high fuel bills.**

To find out more about insulation recommendations in your area, call 1-800-GET-PINK (Ext. 70) or send in this coupon for a free 32-page color booklet. After all, who wants to live in a house that doesn't measure up?

Mail to: Owens-Corning Fiberglas Corp., Attn. C.I.Y. Meeks, P.O. Box 44179, Jacksonville, FL 32231-4179. Please send me a free copy of "A Homeowner's Guide to Insulation." I am interested in this for: ☐ building a home, ☐ remodeling, ☐ adding insulation.

Name_____

Address_____

City_____ State_____ Zip_____

**Savings may vary. Higher R-values mean greater insulating power. Find out why in the seller's fact sheet on R-values.

FIBERGLAS

© O.-C.F. Corp. 1990 ℗ & © United Artists. All rights reserved. *The color Pink is a trademark of Owens-Corning Fiberglas Corp.



CONVENTION AND VISITORS BUREAU OF GREATER KANSAS CITY

Pilots have changed course so passengers could enjoy the holiday lights at Country Club Plaza.

KANSAS CITY, MISSOURI

A quietly cosmopolitan midwestern mecca

Kansas City overflows with so many pleasures that one state isn't big enough to contain this sophisticated midwestern metropolis. The home of Hallmark and the bastion of barbecue sprawls over the line dividing Missouri from Kansas.

Water splashes and shoots up everywhere in the City of Fountains, which boasts more fountains than any place but Rome and more boulevards than Paris. Royals' and Chiefs' fans gravitate to the majors' only side-by-side stadiums, while miniature golfers head for Cool Crest's challenges. At Swope Park you can golf, go to the zoo, and watch a theater production under the stars. Jazz clubs abound in Kansas City.

Where's the beef? Kansas City gave its name to a special cut of steak. At the Golden Ox, a generous K.C. strip with all the trimmings costs $13.50. Barbecue is as hotly debated here as politics is elsewhere. Each establishment has its own aficionados, but Arthur Bryant's is legendary. Devotees have sent private jets to pick up an order of sandwiches stacked high with slowly cooked ham or beef plus mounds of French fries. Lamar's doughnuts are another delicious Kansas City tradition.

Museums, big and small. The Nelson-Atkins Museum's incredible display of priceless art alone justifies a trip to Kansas City. You can view 169 images of Buddha in its world-renowned oriental collection. A stroll through the massive marble exhibit halls reveals masterpieces by Renoir, Rembrandt, El Greco, Monet, and native son Thomas Hart Benton. Time your visit to enjoy lunch in the Rozzelle Court Restaurant.

The Toy and Miniature Museum displays dollhouses, trains, and an amazing assortment of intricately crafted miniatures.

Country Club Plaza. Moorish architecture reminiscent of Spain, fountains dating back to 1680, sculptures, and tiles share the spotlight with nearly 200 stores in Country Club Plaza. You'll find everything from Saks Fifth Avenue and Gucci to Banana Republic in the nation's first shopping center, plus a smorgasbord of restaurants. Even the McDonald's boasts a bronze sculpture.

Take the trolley to another trendy place to shop and dine, Westport. Daniel Boone's grandson once ran an outfitting post in this original section of town.

Crown Center. You could spend a long weekend in Kansas City and never leave Hallmark's Crown Center, where two great hotels link up with a tri-level shopping and dining emporium. Tour the Hallmark Visitors Center, watch theater productions, and enjoy complimentary outdoor Friday Night Concerts in summer and ice skating in winter. Hallmark also provides—free—one of the best deals in the nation for kids. At the Kaleidoscope, youngsters 5 through 12 kick their imaginations into high gear in the Discovery Room, then let their creativity soar in the Art Studio, loaded with supplies from the past Hallmark season.

Independence. Suburban Independence is worth a day's visit. If your time is limited, head straight for the Harry S. Truman Library and Museum, where a recording by the former president points out the treasures in his reproduced Oval Office. Other attractions include the Truman House, the 1859 Marshal's House and Jail Museum, the new National Frontier Trails Center, and Clinton's for an inexpensive lunch or soda.

Special for kids. *Worlds of Fun and Oceans of Fun:* Roller coasters, rides, shows, and water slides in twin theme parks.

Kansas City Museum at Town Pavilion: Changing shows, all with interactive activities and such child pleasers as tunnels and bridges to get from one exhibit to another.

Creature comforts. The Embassy Suites: close to the Plaza, separate bed and living rooms, kitchenette, complimentary breakfast, $89–$99. The Hyatt Regency Crown Center and the Westin Crown Center: weekend rates from $79 and $62; excellent packages. For an elegant evening out: Hyatt Regency's The Peppercorn Duck Club with an Ultra Chocolatta dessert bar, or the Bristol Bar and Grill in Country Club Plaza. Dining with a view: Benton's Steak and Chop House in the Westin.

Kansas City Convention and Visitors Bureau, 1100 Main, Suite 2550, Dept. BHG, Kansas City, MO 64105; 800/767-7700.

By Lois Anne Naylor

continued on page 168

We cover the world's most beautiful views.





The most beautiful views are the work of nature. Like the Brandywine Valley outside this farmhouse in Chadds Ford, Pennsylvania.

Inside, however, the most beautiful views are the work of something else. **Duette® window fashions.**

Only Duette shades have a cellular honeycomb design. This patented construction and its unique advantages cannot be duplicated.

Duette shades cover windows of virtually any shape or size in one flawless expanse unmarred by seams, holes or visible cords.

They're also highly energy efficient, incredibly easy to maintain, and so durable they'll retain their pleats permanently. So their beauty will never spoil.

Of course, everyone has a different view about what's beautiful. Which brings us to another advantage of the Duette construction. You can choose from a spectrum of luxurious colors inside, while a neutral white always faces outside. And our soft fabrics come in a choice of pleat sizes and varying degrees of light transmission...sheer, translucent and blackout.

So, no matter what your view may be, you'll never have to look beyond Duette window fashions.

For a free brochure, fabric sample and your nearest dealers, call, 1-800-32-STYLE ext. 500. In Canada 1-800-265-1363. Or write: Hunter Douglas Window Fashions, Box 308, Dept. 500, Mt. Olive, NJ 07828.

HunterDouglas

DUETTE®

© 1990 Hunter Douglas, Inc. Patented in the U.S. and foreign countries.

SACRAMENTO, CALIFORNIA

There's gold in that thar town

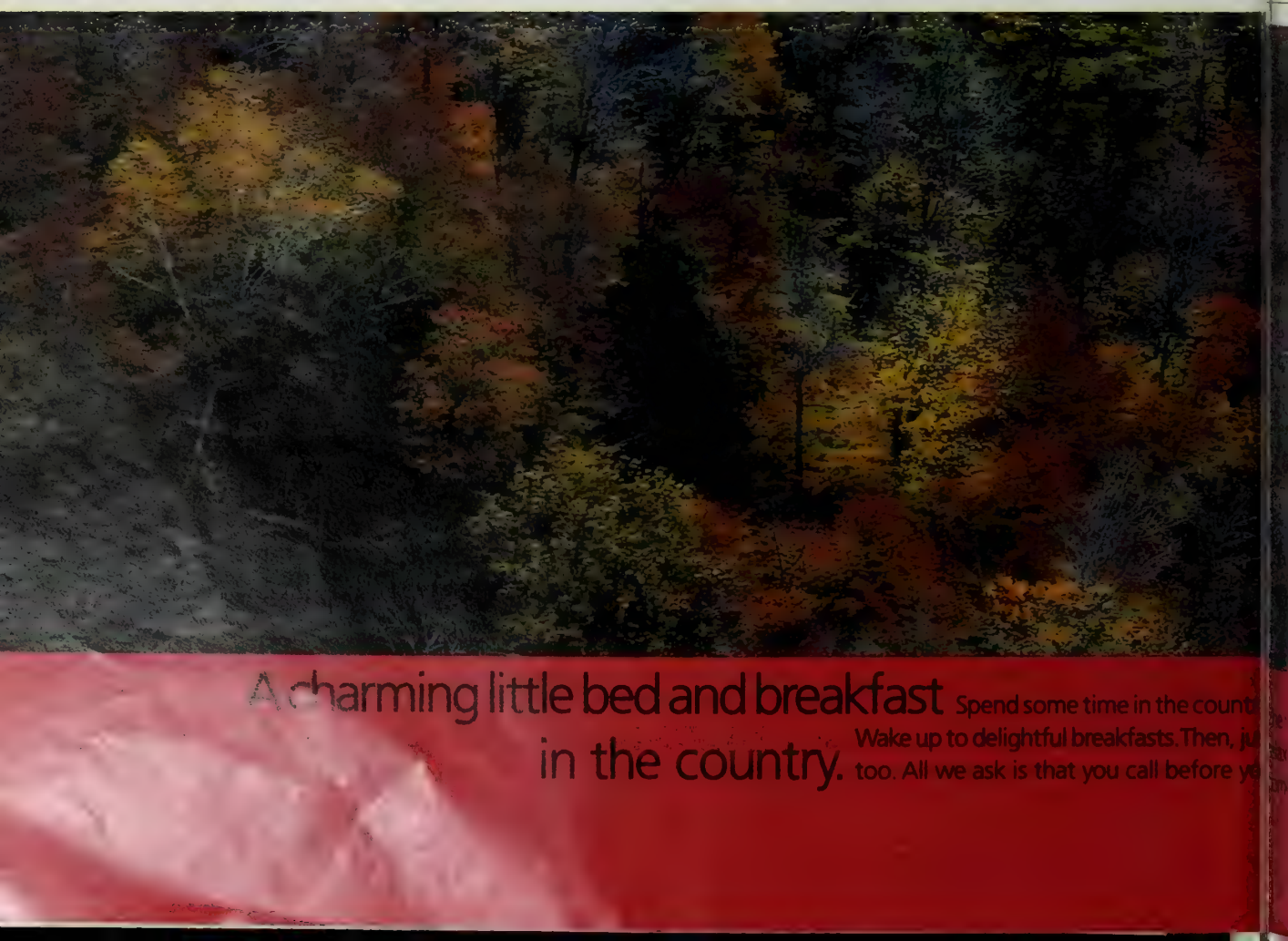


TOM MEYERS

The *Delta King*, now a luxury hotel and restaurant, is one of the many attractions in Old Sacramento.

It glints at you in the Sacramento History Center—sprinkled through rock and naked as nuggets, just as California's '49ers found it. Fascinating miners' mementos are on display all around, for Sacramento, then a tiny outpost, was the springboard of the Gold Rush. Few towns have a more exciting past: terminus of the Pony Express, hub of the first railroad in the West, rowdy river port for paddle wheelers. Today, trees by the thousands decorate the city's streets, Victorian homes abound, and parklands wind through the town. There's a superb 30-mile bike trail along the American River, which flows here into the Sacramento (rentals available).

Sutter's Fort. Almost in the shadow of downtown stands the walled enclave where it all began. Swiss-born John Sutter built this fort in 1839 to pacify the local Indians and colonize the region. Ten years later, one of his men found gold while dredging for a sawmill in the nearby Sierra foothills. Word quickly



spread, and the fort was soon dwarfed by a boomtown abustle with miners and merchants, four-flushers and fancy ladies, and eventually politicians who made Sacramento the state capital.

Sutter's Fort is open daily for self-guided tours. Check on Living History Days, held periodically, when costumed volunteers re-create life before the Gold Rush. Next door, don't miss the State Indian Museum, complete with prehistoric artifacts.

Old Sacramento. The boomtown started on the riverfront, less than 100 miles upstream by steamer from San Francisco, where oceangoing vessels disgorged thousands of prospectors. Old Sacramento is now one of the country's finest renovations—blocks of cobblestone streets, wooden sidewalks, meticulously restored buildings full of restaurants and shops, plus the Sacramento History Center, with its Gold Rush memorabilia and other exhibits. Visit the California Railroad Museum, where 21 locomotives and coaches covering more than a century of railroading and toy trains are displayed.

The big stern-wheeler *Delta King* lies moored at the foot of Old Sacramento and now serves as a luxury hotel. You may board it even if you don't stay or eat there. A former cargo hold houses a theater with daily multimedia shows about riverboating, and musical reviews on weekend nights. The smaller paddle wheeler *Matthew McKinley* cruises from another dock.

Other attractions. On weekdays at California's impressive state capitol, narrated tours take you into today's political domain and yesteryear's historical rooms. Also tour the opulently furnished, Victorian Governor's Mansion.

A short drive from Old Sacramento, the Towe Ford Museum displays nearly every Ford built, including 1903 Model A's and 1953 Thunderbirds. Nearby, California almonds are processed at the Blue Diamond Growers Exchange (free tours).

Special for kids. *The Chautauqua Playhouse:* Children's matinees, like *Alice in Wonderland,* every Saturday.

Fairytale Town: Farm animals, a tiny castle, slide, and puppet shows; daily most of the year; across the street from the zoo.

Science Center and Junior Museum: For ages 4 and up; a nature trail with local species, hands-on exhibits, weekend family activities, and a planetarium; daily except major holidays.

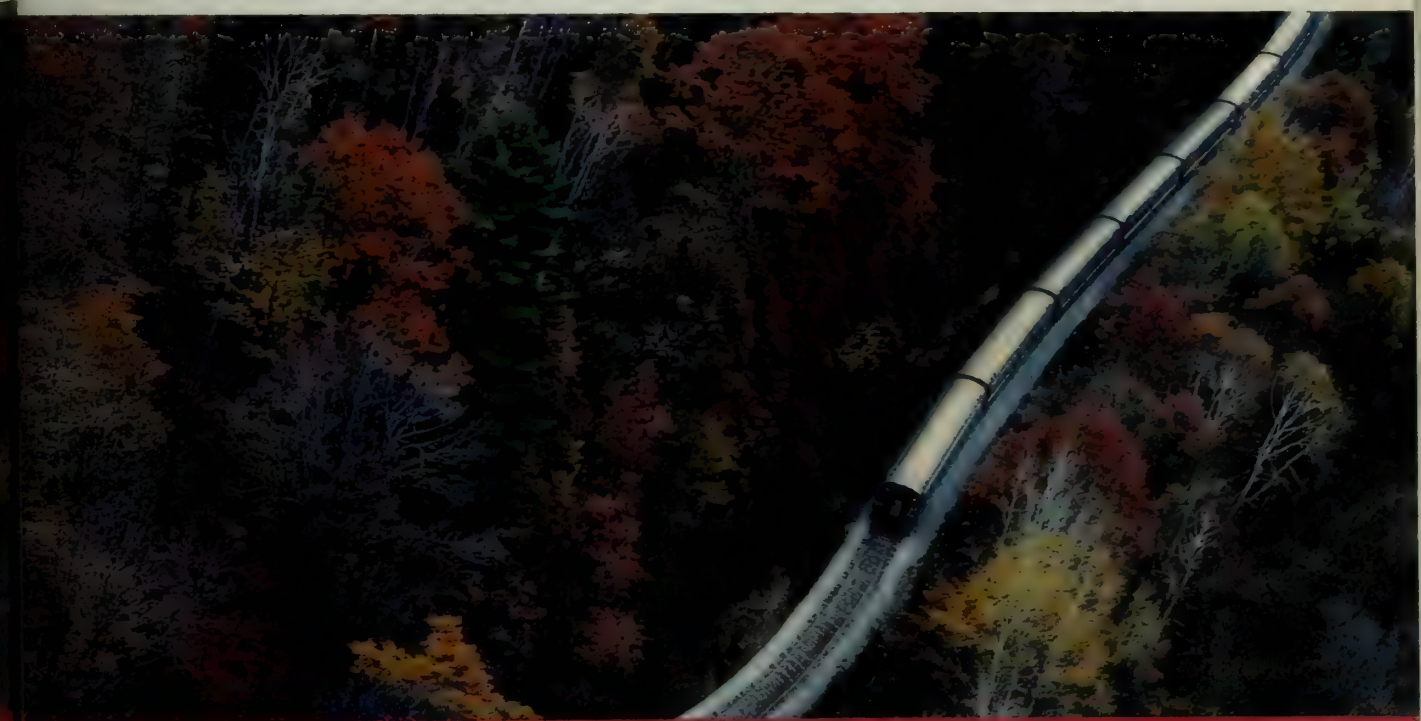
Golf and tennis. Tops among the city's public golf courses are Haggin Oaks, Ancil Hoffman, the new Cherry Island County, and a 9-holer in William Land Park (near the zoo). For tennis, try McKinley or Glen Hall Park.

Creature comforts. Good weekend discounts, except at busy festival times. Vagabond Inn, near Old Sacramento: $45 double Friday, Saturday, and Sunday nights; kids under 18 free. Motels on Jibboom St. near the Richards Blvd. exit off I-5: reasonable prices, no reservations necessary. *Delta King:* classy and unusual lodgings; better deals weekdays: $90–$99 a night, free rollaways for kids; scrumptious dining. Moderately priced restaurants in Old Sacramento: Fat City, Annabelle's, Fulton's Prime Rib, Fanny Ann's Saloon (no kids after 8 p.m.); downtown: Old Spaghetti Factory, Paragary's, Tony Roma's.

Sacramento Convention & Visitors Bureau, 1421 K Street, Dept. BHG, Sacramento, CA 95814; 916/449-6711.

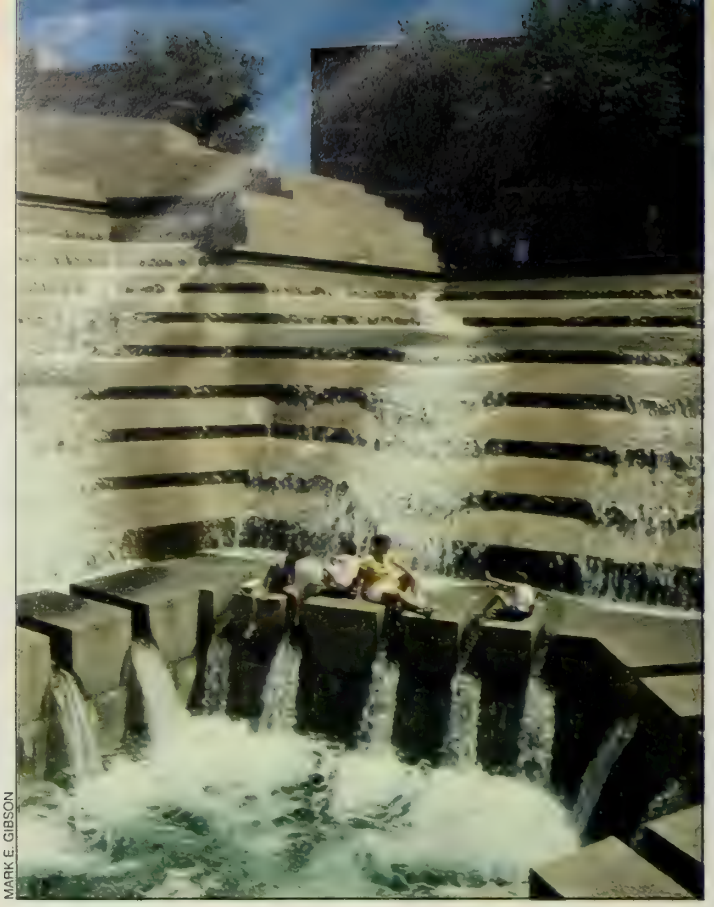
By George S. Bush

continued on page 171



he whole country. We'd love to have you. You'll find all of our rooms offer a view like no one else's.
lax. Or read. Or socialize. As evening approaches, you'll discover we're pretty terrific with dinner,
ome. Phone your travel agent or Amtrak at 1-800-USA-RAIL. After all, our home is your home.

ALL ABOARD AMTRAK



MARK E. GIBSON

The Water Garden's falls form a relaxing oasis within the bustle of downtown Fort Worth.

FORT WORTH, TEXAS

Last of the Old West cow towns

It takes less than an hour on the interstate to hustle from Fort Worth to Dallas, but where the folks of Fort Worth are concerned, Dallas is way back there in the East. Their own town, however—that's still the real West. And they are right.

Dallas got its start as a farming center, but Fort Worth grew up on the Chisholm Trail, route of the great cattle drives of the last century. Even today, Dallas men are likely to sport fashionable suits, but you can spot Fort Worth natives by their cowboy boots. Although a big modern city, Fort Worth remains at heart a cow town, with weekly cattle auctions (open to the public) and rodeos as popular as Texas Ranger games.

Where cattle is still king. To see an auction, go to the Stockyards Exchange at 10 a.m. any Monday. It's in the Stockyards National Historical District, three miles north of downtown. You can sit on indoor bleachers alongside the livestock buyers, watching the cattle being paraded. Just be sure to keep your hands in your lap while the auctioneer spiels up the bids.

The canopied wooded sidewalks and false-fronted buildings on the streets around the Exchange are the real thing, not reconstructions. Every second door opens into a tavern where ranchers and wranglers swap Texas-tall tales. Most famous is the White Elephant Saloon, a replica of Hell's Half-Acre where many long-ago shoot-outs erupted, and Teddy Roosevelt reputedly recruited his Rough Riders.

At the Cowtown Coliseum down the street, top rodeo pros compete in the rousing Fort Worth Championship Rodeo every Saturday night from early April to late September. Scores of other events include the Texas Champions Rodeo (November 26–29) and the Southwestern Exposition and Lifestock Show (mid-January into early February), with rarely performed chuck-wagon races.

Cowboys and Indians. Fort Worth's Amon Carter Museum, a treasure trove of Western art, exhibits from a collection of 300 exciting paintings and more than 100 bronze castings by frontier artists Frederic Remington and Charles Russell. Kids love the vivid pictures of Indian raids, buffalo hunts, prairie pursuits, and stagecoach holdups.

The Amon Carter is one of several museums located at the city's Will Rogers Memorial Center, an 85-acre complex devoted to recreational and cultural events. There are two other art museums as well, one specializing in classic works that took big Texas money to buy. The Museum of Science and History features such exhibits as dioramas of prehistoric scenes and Texas astronaut Alan Bean's moon suit.

Blossoms and beasts. At the other end of town, Fort Worth's remarkable Botanic Garden spreads over 114 acres, where something is always in bloom. Walk through the lovely Japanese Garden, with pagodas, goldfish lagoons, and brilliant Mandarin ducks. Nearby, a miniature railway chugs along Trinity River to the Fort Worth Zoo (daily from March to Labor Day; most weekends, otherwise). Highlights: the African veldt exhibit and a reptile house (feedings Tuesdays and Wednesdays).

Across the way, the Log Cabin Village's pioneer structures are filled with authentic furnishings of the 1800s. Watch demonstrations of early American cookery (try the slumgullion), candle making, spinning, weaving, and quilting. At the gristmill, buy a 2-pound bag of corn, ground by waterwheel, for $1.

Special for kids. *Six Flags Over Texas,* 15 miles east: superduper rides and shows daily in summer; check other schedules.

Kow Bell Rodeo, in Mansfield, 15 miles south off US-287: every Saturday night; grand parades, pro contests, clown acts, and kid competitions.

Golf and tennis. Tops among reasonably priced public golf courses: Meadowbrook, Rockwood, Z Boaz, Rockwood Par 3, and Fossil Creek. Tennis courts open to visitors include the Mary Potishman Lard on the TCU campus and the clay courts at Hulen Street Baptist Church.

Creature comforts. The Sandpiper Inn, in the Stockyard district: $38–$50, kids free. The Park Central Hotel: $43–$49, kids free. Choice family-priced restaurants near the stockyards: Joe T. Garcia's Mexican, Angelo's Barbecue, and the Cattlemen's Steak House.

Fort Worth Visitors Bureau, 100 E. 15th St., Dept. BHG, Fort Worth, TX 76102; 800/433-5747 or 817/336-8791.

By George S. Bush

continued on page 172

NEW EASY-TO-USE
SUCCESS GUARANTEED
TANDY® 1000 RL



Finally... a personal computer for the family that's so easy to use, it guarantees success.



Plan meals, keep a diary, schedule your activities

Presenting a PC with solutions for *your* family's busy lifestyle! The Tandy 1000 RL saves time by organizing vital *everyday* information and placing it at your fingertips. It's so easy—just point and click and you're on your way! Plan menus using recipes taken from *The New Good Housekeeping Cookbook*®. If more guests arrive than planned, recalculate recipes with a keystroke. Create investment plans and keep track of credit and bank accounts. If you're on your way out, post a quick message on the "bulletin board"—even leave important numbers for the sitter. The possibilities are endless—but whatever the task, the RL's Home Organizer software handles the details for you. And because the Tandy 1000 RL is PC-compatible, you can also use thousands of business and home education programs. Ready-to-run systems start at under $750*. So bring home the easiest-to-use personal computer ever . . . from America's *leader* in PC compatibles.



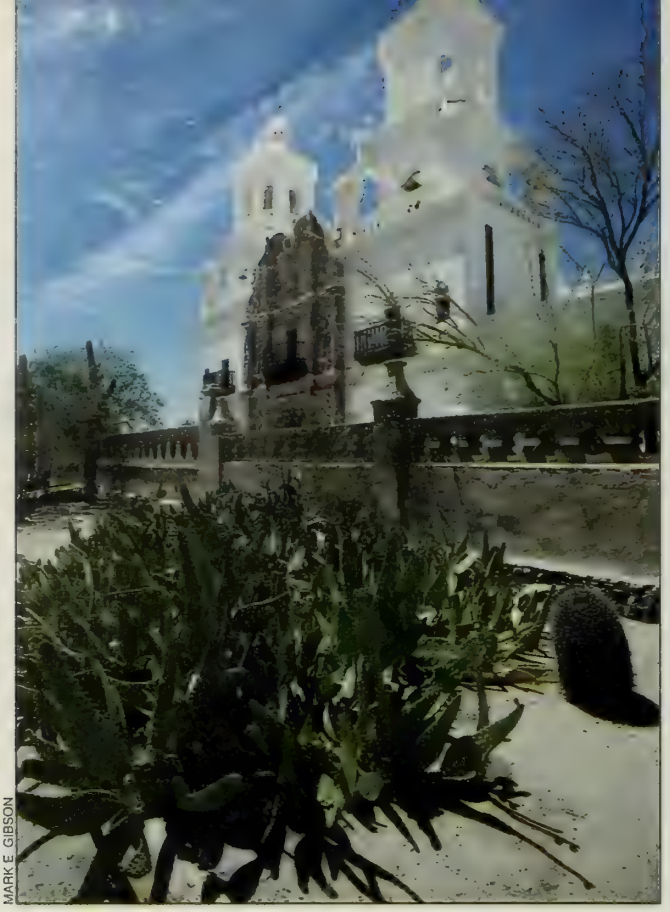
Balance your check book, plan trips, organize your collectibles

A LIMITED WARRANTY TO CONSUMERS
• Good Housekeeping •
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

CREATING NEW STANDARDS: SUCCESS GUARANTEED!
The Tandy 1000 RL personal computer has 24 DeskMate and Home Organizer applications built in. All are specially designed to insure that you can readily use them. If you need help, our personnel have been specially trained, our stores have a new phone help system and we've organized area tutoring sessions. You can even equip your RL with a modem for help on the PC-Link online service. Come in today! We *guarantee* success. NOBODY COMPARES!

Radio Shack®
AMERICA'S TECHNOLOGY STORE℠

*Tandy 1000 RL (25-1450) with monochrome monitor. Complete color systems start at less than $900. Price applies at participating Radio Shack stores and dealers.



MARK E. GIBSON

Mission San Xavier del Bac greets visitors at the Papago Indian Reservation near Tucson.

TUCSON, ARIZONA

Fun capital of the Sonora Desert

Tucson isn't just a sunbelt haven for retirees. It's a metropolis in the midst of wilderness—a modern frontier boomtown. Dramatic mountains hug its vibrant sprawl. Desert dawns bathe its avenues in delicate pastels; desert sunsets paint them ruby red. At night, in the dry desert air, the heavens sparkle with bright stars. Indeed, everywhere you turn, the desert beckons—on the golf course, by the pool, en route to restaurants or theaters—and its mysteries may be explored on easy excursions, sometimes mere minutes from your door.

A wondrous oasis. Right in town, ringed by busy roads, a desert park, Tohono Chul, stretches over 37 acres. Its walkways meander through a maze of desert plants—some 400 species, from cacti to palo verde trees. Woodpeckers peek from holes in tall saguaros, hummingbirds dart between blooms, and cardinals perch on mesquite boughs. Try the park's tearoom patio for a tranquil, sunny breakfast (open 8 a.m.).

Fauna, flora, and John Wayne. For a more thorough look at the Sonora Desert's marvels, drive 15 miles west to the Tucson Mountains Preserve. Thousands of saguaros loom like prickly green giants along steep slopes, framing the Arizona-Sonora Desert Museum. Denizens at this combination zoo and botanical garden range from scorpions and rattlers to bighorn sheep and big-time cats like jaguar and puma.

Nearby, the streets of Old Tucson may have a familiar look. No wonder. It was built for movies in 1939, and some 200 shoot-'em-ups have been filmed here since, including John Wayne westerns. Watch any filming in progress, and enjoy such daily events as high-noon gunfights and movie-stunt shows, plus historical exhibits, eateries, shops, and a small theme park with rides.

Historic Tucson. Drive back via the San Xavier Indian reservation, site of a gleaming-white Spanish mission church built by Franciscan friars two centuries ago. Also walk the Historic District bordering downtown, with several structures restored from the original Anglo settlement in the 1800s. Get a tour brochure at the Fremont House, where Gen. John Fremont, hero of the Mexican War, lived as the state's first governor.

Desert adventures. East of town, excursion trolleys climb every half hour into Sabino Canyon, a desert preserve in the Santa Catalina Mountains, with hiking trails and picnic groves. But for the most exciting—and enlightening—desert jaunt, join a four-wheel-drive outing of Sunshine Jeep Tours to the Tortolita Mountains just beyond the northern suburbs (2½–3 hours, $48 ages 3–10, $24; *602/742/1943*). Ask for guide Paul Madden.

Yesteryear's blue yonder. The Pima Air Museum, largest of its kind, displays nearly 200 historical aircraft, including Eisenhower's *Columbine* and Kennedy's *Air Force One,* World War II fighters and bombers, B-52s, and early amphibians and choppers. Along Kolb Road to Davis Monthan Air Force Base, some 2,500 obsolete aircraft line the highway, as jets maneuver overhead.

Golf, tennis, special events. Tucson's vacation resorts offer golf and tennis, of course, but you can hang your hat anywhere in town and find excellent public facilities. Of the municipal 18-holers, Randolph North is best all around, El Rio the least demanding, and Fred Enke—a hilly desert course—the most strenuous. Reserve up to seven days in advance: *602/791/4336.* For tennis, reserve for popular early and late summer hours at city courts; check blue pages for phone numbers at Randolph, Himmel, and Fort Lowell centers.

Festivals, theaters, and concerts abound. Among them: an international film festival and the Indian Arts and Crafts show, November; an all-arts Festival in the Sun, mid-January to early March; Music under the Stars in Reid Park, six Sundays, May and June; the Tucson Summer Arts Festival, July and August.

Creature comforts. Chain motels: $60–$75 mid-January into May, much lower prices June through fall. Best summer deals: such luxury resorts as the Sheraton El Conquistador, Westin La Paloma, and Loews Ventana Canyon; about $80–$130; kids free. Among many special Mexican restaurants: El Charro, El Adobe, Dos Locos Cantina, and Casa Molina; Hidden Valley Inn, for mesquite-broiled steaks; Bobby McGee's Conglomeration, for fun without the kids.

Tucson Visitors Bureau, 130 South Scott Ave., Dept. BHG, Tucson, AR 85701; 602/624-1889.

By George S. Bush

"So Powerful... Turns Skim Milk To Whipped Cream In Seconds!!!"

This is the same incredible Multi-Blend 2000™ nationally advertised in leading media across the country — similar to those sold on television for as much as $99.00! But, during this enormous nationwide publicity campaign, U.S. Buyers Network is giving them away for the unbelievable publicity price of just $19.95 only to those who respond to this ad before Midnight, November 5, 1990.

300 CALORIES EQUALS 40!

Revolutionary Multi-Blend 2000™ has thousands of uses. A scoop of fresh whipped cream turns any dish into a dessert lover's delight. But only a lucky few can afford 300 calories! With amazing Multi-Blend 2000™, in just seconds you can turn ordinary skim milk into the fluffiest, tastiest topping you've ever had! What's more, it's just 40 calories that anyone can afford!

BABY YOUR BABY... AND YOURSELF!

Feed your baby food from a jar? Even if you could get your baby to eat it, how healthy is it? Multi-Blend™ turns fresh fruits and veggies into the most delicious, smoothest, purest baby food that even an adult would enjoy! Did you know that many peanut butters contain "lard" — that's pure animal fat. Take a cup of fresh peanuts and watch in amazement as the Multi-Blend 2000™ turns them into the creamiest, most spreadable, peanutiest peanut butter ever! The list goes on and on. Grind raw meats into chop meat or pate. Whip mash potatoes right on the stove. Use it as a juicer and watch it turn pulp into nectar. Make instant rich milk shakes or spectacular diet drinks. Grind your own fresh coffee right at home. The uses are endless! Electric powered with UL listed motor and cord.

Every Multi-Blend 2000™ is covered by the company's standard One Year Money Back Guarantee. There is a strict limit of two (2) units per address at this price, but requests made early enough, (before November 1), may request up to five. No wholesalers or dealers please!

Allow up to 60 days for shipment
© Direct Marketing of Virginia, Inc. 1990, (2378)



Amazing Multi-Blend 2000™

For Only

$19.95

(Not $99)

Only If You Respond Before November 5th!

AS SEEN ON TV

UL Motor & Cord

RESPOND BY NOVEMBER 5TH FOR THIS AMAZING OFFER!

YES! Please rush me _____ (qty) sets of Multi-Blend 2000™ as specified below!

- ☐ One Multi-Blend 2000™ for just **$19.95** (plus $4 P&H).
- ☐ **Save $5!** Two for just **$34.95** (plus $6 P&H).
- ☐ **Save $10!** Three for just **$49.95** (plus $8 P&H).
- ☐ **Save $20!** Five for just **$79.95** (plus $10 P&H).090

Payment method: (Check one)

☐ Check ☐ Money Order ☐ Visa ☐ Mastercard
☐ Amex ☐ Diners ☐ Discover ☐ Carte Blanch

Card # _____ Expire ____/____

Print Name _____

Address _____ Apt. _____

City _____ State _____

Zip _____ Phone No: ( ) _____

Mail To: U.S. Buyers Network, Dept. MB3802
One American Way, Roanoke, VA 24016

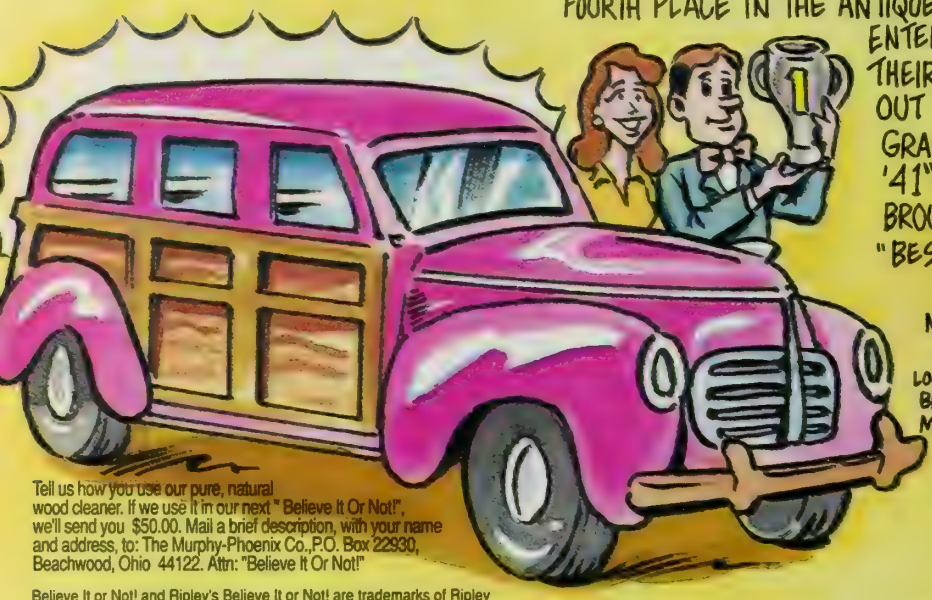
Ripley's Believe It or Not!™

MURPHY'S HELPS COUPLE WIN TOP PRIZE IN CAR SHOW!

BEFORE DISCOVERING MURPHY'S OIL SOAP SPRAY, AN OKLAHOMA COUPLE NEVER DID BETTER THAN FOURTH PLACE IN THE ANTIQUE CAR SHOWS THEY ENTERED. MURPHY'S CHANGED THEIR LUCK! IT BROUGHT OUT THE TRUE WOOD GRAIN BEAUTY OF THEIR '41 "WOODIE" AND BROUGHT THEM A "BEST OF SHOW" TROPHY.

NANCY WILLIAMS, EL RENO, OKLA.

LOOK FOR OTHER UNBELIEVABLE USES FOR MURPHY'S OIL SOAP SPRAY, THE GENTLE WOOD CLEANER, ON THE BACK OF EVERY BOTTLE!





Tell us how you use our pure, natural wood cleaner. If we use it in our next "Believe It Or Not!", we'll send you $50.00. Mail a brief description, with your name and address, to: The Murphy-Phoenix Co., P.O. Box 22930, Beachwood, Ohio 44122. Attn: "Believe It Or Not!"

Believe It or Not! and Ripley's Believe It or Not! are trademarks of Ripley Entertainment, Inc. © 1990 Ripley Entertainment, Inc.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the listing.

ADDING UP

2nd-Story Additions

Pages 66–67: Prefabricated fireplace—Marco, 2520 Industrial Way, Lynwood, CA 90262. **Charger plate**—Klinknerville Design Work, 6029 Market St., Oakland, CA 94608. **Lights**—Halo Lighting, Div. of Cooper Industries, 400 Busse Rd., Elk Grove Village, IL 60007. **Blinds**—Levolor Lorentzen, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054. **Windows**—Western Custom Metal Sash, 154 143rd Ave., San Leandro, CA 94578. **Bedspread**—S. Beressi Custom Bedspread Company., 1504 Bryant St., San Francisco, CA 94103. **Interior paint,** "Super white"—Fuller-O'Brien Paints, 450 E. Grand Ave., South San Francisco, CA 94080. ***(Top right)*: Skylight**—O'Keefe's Inc., 75 Williams Ave., San Francisco, CA 94124. **Interior paint,** "Super white"—Fuller-O'Brien Paints (address above). **Window**—Western Custom Metal Sash (address above). ***(Bottom right)*: Plate**—Klinknerville Design Work (address above). **Interior paint,** "Super white"—Fuller-O'Brien Paints (address above).

Pages 68–69: Bed coverings—Indeco, 634 North Lapeer, Los Angeles, CA 90069.

Page 70: Windows—Pozzi Wood Windows, P.O. Box 5249, Bend, OR 97708; 800/821-1016. **Exterior paint**—Frazee Industries, 6625 Miramar Rd., San Diego, CA 92121. **Bookcases and window seat**—T.L. Clark Company, 1022 Morena Blvd., San Diego, CA 92110. **Entertainment center, bed,** "Collector's cherry"—Thomasville Furniture Industries, Incorporated, P.O. Box 339, Thomasville, NC 27360. **Fabric on bed pillows,** "American Beauty"—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016. **Interior paint,** "Countess"—Frazee Industries (address above). **Bedspread,** "William & Mary"—Colonial Williamsburg, P.O. Box CH, Williamsburg, VA 21387.

FROM RAFTERS TO RICHES

Page 105: Wood paneling, knotty ponderosa pine, ceiling and partition board 1x4 EBCB Tongue and Groove—Western Wood Products Association., 522 SW. Fifth Ave., Yeon Bldg., Portland, OR 97204-2122. Ochoco Lumber, P.O. Box 668, Prineville, OR 97754. Blairs Woodworking Company, Inc., 8930 NE. Killingsworth, Portland, OR 97220. **Windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Carpet,** "No. 2416 Sand dune"—Coronet Commercial Carpet, P.O. Box 1248, Dalton, GA 30722-1248. **Comforter, shams on window seat,** "Zuni"—Utica, J.P. Stevens & Company, Inc., 1185 Avenue of the Americas, New York, NY 10036. **TV**—Sharp Electronics Corp., 10 Sharp Plaza, Paramus, NJ 07652. **VCR**—J.C. Penney Company, Inc., P.O. Box 65900, Dallas, TX 75625-9000; 800/222-6161. **Turntable, pullout TV shelf**—Knape & Vogt Manufacturing Company, 2700 Oak Industrial Dr., NE, Grand Rapids, MI 49506. **Drawer slides**—Accuride, 12311 Shoemaker Ave., Santa Fe Springs, CA 90670. **Insulation**—Manville Corp., P.O. Box 5108, Denver, CO 80217; 800/654-3102. Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **Heater,** No. 2A202—Cadet Manufacturing Company, P.O. Box 1675, Vancouver, WA 98668; 800/426-5522. **Oil stain on wood**—Miller Paint & Wallpaper, 317 SE. Grand, Portland, OR 97214.

Pages 106–107 (*top*): Wood paneling, knotty ponderosa pine, ceiling and partition board 1x4 EBCB Tongue and Groove—Western Wood Products Association., Ochoco Lumber, Blairs Woodworking Company, Inc. (addresses above). **Oil stain on wood**—Miller Paint & Wallpaper (address above). **Windows/skylights**—Andersen Corp. (address above). **Heater**—Ca-

det Manufacturing Company (address above). **Insulation**—Manville Corp., Owens-Corning Fiberglas (addresses above). **Comforter, shams on window seat,** "Zuni"—Utica, J.P. Stevens & Company, Inc. (address above). **Casters on rolling carts, ironing board,** "Ironfix"—Hafele American Corp., P.O. Box 1590, High Point, NC 27261. **Computer**—Headstart Technologies Company, Division of North American Philips Corp., 40 Cutter Mill Rd., Great Neck, NY 10021. **Sewing machine**—The Singer Sewing Company, 200 Metroplex, P.O. Box 1909, Edison, NJ 08818. **Chair**—HON INDUSTRIES, P.O. Box 1109, Muscatine, IA 52761. **Iron**—Norelco, Consumer Products Company, High Ridge Park, P.O. Box 10166, Stamford, CT 06904; 800/243-7884. (***Bottom, left to right***)**: Drawer slides**—Accuride (address above). **Skylights**—Andersen Corp. (address above). **Computer**—Headstart Technologies Company (address above). **Chair**—HON INDUSTRIES (address above). **TV**—Sharp Electronics Corp. (address above). **Turntable, pullout TV shelf**—Knape & Vogt Manufacturing Company (address above). **VCR**—J.C. Penney Company, Incorporated (address above). **Comforter, pillows, shams**—Utica, J.P. Stevens & Company, Inc. (address above). **Iron**—Norelco (address above). **Casters on rolling carts, ironing board,** "Ironfix"—Hafele American Corp. (address above).

AT-HOME ENTERTAINING

Page 112: Dinnerware, "La Ronde Des Fruits"—Gien France from Baccarat, 625 Madison Ave., New York, NY 10022. **Sterling flatware,** "Malvern"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. **Glassware**—Artesanos Imports, 222 Galisteo St., Santa Fe, NM 87501.

Page 114 (*top*): Black and white crackle-finish table, "French Country Game Table #245"—Ron Fisher American Furniture, 426 S. First Ave., P.O. Box 1208, Marshalltown, IA 50158; 800/231-7370. **Platter, mugs,** "Center Diamond"—Hartstone, 1719 Dearborne St., Zanesville, OH 43701. **Floral salad plates,** "Martinique"—Rochard Incorporated, 225 Fifth Ave., New York, NY 10010. **Flatware,** "Facette"—Sasaki, 41 Madison Ave., New York, NY 10010. (***Bottom***)**: Dinner plates, coffee server, cups, soup bowls,** "Regency Black"—Lenox Classics Collection, Lenox China, Incorporated, 100 Lenox Dr., Lawrenceville, NJ 08648. **Salad, dessert plates,** "Silk Winds"—Noritake, 41 Madison Ave., New York, NY 10010. **Stemware,** "Classic Regency"—Lenox China, Incorporated (address above). **Silverplate flatware,** "Embassy"—Elite Silverplate, Reed & Barton. For dealer nearest you call: 800/343-1383.

PRIZE TESTED RECIPES®

Page 146 (*right*): White plate, "Bravo White"—Newcor, 4100 Commercial Ave., Northbrook, IL 60062. (***Left***)**: Gold and white plate,** "Agate"—Bennington Pottery, 324 County Rd., Bennington, VT 05201-0199.

DIRECTORY
OF ARCHITECTS, DESIGNERS

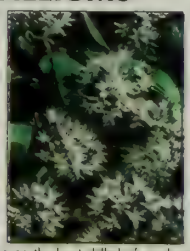
For the directory of architects and designers, turn to page 156. BH&G

SHOPPING

HOW TO ORDER

ELEGANT ALLIUMS







You can duplicate the look of the gardens shown on pages 22 to 24 with our **Allium Collection.** Especially chosen for the readers of ***Better Homes and Gardens®*** magazine, each collection contains 10 drumstick allium, 5 Rosenbach onions, 5 bear's garlic, 2 giant allium, and 10 golden garlic. **Please note:** Allium Collections will be shipped at the proper time for planting in your area of the country (approximately September 15, 1990, to December 15, 1990). ***Better Homes and Gardens® New Garden Book*** is a handy reference containing all the information and advice necessary for even the least skilled of gardeners. Features of the book include 405 full-color photos of plants close-up and in garden settings; plant hardiness zone maps for the 48 contiguous states; complete gardening basics; step-by-step illustrations and how-to photos showing how to select, locate, plant and care for flowers, trees, shrubs, grasses, vines, vegetables, fruit trees, and houseplants; 66 pages of charts; and 100 pages of plant portfolios. Hardcover, 384 pages.

FROM RAFTERS TO RICHES



Eleven separate projects on one plan! Duplicate the cedar chest/window seat, wall partitions, and tables, sliding shutters, TV cabinet, bookshelf, under table storage cabinet, desk/table top, mobile sewing/storage cart, mobile file cart, and storage cabinetts shown on pages 105 to 107. This ***Better Homes and Gardens®*** **Project Plan** is a professional-quality woodworker's blueprint including detailed drawings, lists of materials, construction tips, and complete step-by-step instructions.

CARVE O'LANTERN



Everything you need for great halloween pumpkin designs like the one shown on page 94. Our **Carve O'Lantern Kit** contains a lid-cutter saw, 2 starter saws, 2 medium saws, 3 drills, 3 pokers, 1 scraper scoop, 4 candle holders, 2 candles, 20 patterns and complete, easy-to-follow instructions. Designs include skill levels from easy to challenging.

TASTES OF AUTUMN







Our **Springform Mold** (at far left) is aluminum and 9-inches in diameter. Our **Meat Thermometer** (center left) is a precision instrument with readings in both Fahrenheit and Centigrade and dishwasher safe for easy cleanup. Our **Dried Fruit and Berry Sampler** (at near left) contains one 6 ounce package of dried red, tart cherries and one 6 ounce package of dried cranberries. No artificial color; no preservatives.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Dept. 2PA, Box 374
Locust at 17th
Des Moines, IA
50336

Name _____

Address _____

City _____

State _____ Zip _____

Page	Description	Qty.	Price	Total
ELEGANT ALLIUMS				
22-24	**No. 09220** Allium Collection		$21.99	
22-24	**No. 16325** *Better Homes and Gardens® New Garden Book*		$24.95	
FROM RAFTERS TO RICHES				
105-107	**No. 50879** Attic Conversion Projects Plan *(11 Projects on one Plan)*		$10.95	
CARVE O'LANTERN KIT				
94	**No. 03454** Carve O'Lantern Kit		$12.95	
TASTES OF AUTUMN				
117-124	**No. 31192** 9-Inch Springform Mold		$5.99	
117-124	**No. 31204** Meat Thermometer		$5.99	
117-124	**No. 31307** Dried Fruit and Berry Sampler		$9.99	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia, and Washington.

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

****Shipping and Handling:**
For orders up to $10.00 ..... $2.15
$10.01 to $20.00 ..... $3.00
$20.01 to $30.00 ..... $3.75
$30.01 to $50.00 ..... $4.35
Over $50.00 ..... $4.75

CREDIT CARD ORDERS SPEED DELIVERY!
Fill in the lines below or **CALL TOLL FREE 800-678-2672.**

Credit Card No. _____

Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide
Here's a sampling of our mini blind prices

W / L	15"-23"	26"	29"	32"	36"	40"	44"
21"	$8	$10	$11	$13	$15	$17	$19
42"	11	13	14	16	18	20	23
48"	14	15	16	20	22	24	28
54"	16	18	19	23	26	28	30
60"	19	22	23	25	28	30	32
66"	20	23	24	27	30	32	34

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®



COMPARE OUR PRICES TO ANYONE.

3 DAY BLINDS

LIFETIME GUARANTEE

TOLL FREE 1•800•966•3DAY

Ask For Your FREE Ordering Kit • VISA and MasterCard Accepted

3 DAY BLINDS, INC. Anaheim, California

Prices subject to change

CUSTOM MADE TABLE PADS

BEST PRICES
DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.

1-800/328-7237
Ext. 210

1170 Stella St., St. Paul,MN 55108
©-89 (612) 646-6778—Ext. 210



Sentry® TABLE PAD CO.
SINCE 1911



BRAID Aid

Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-425, Box 2012, New Rochelle, N.Y. 10802.



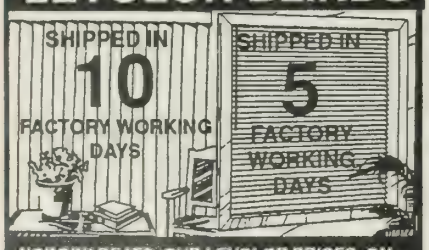
Quaint Victorian
COFFEE TABLE
with Imported Marble top

New way to save on Yesteryear furniture. Most items shipped direct from factory to you. Huge choice of sofas, chairs, tables, quaint lamps, clocks. Also beds, mirrors, desks. **Send $1.00 for 80 page catalog; we refund $2 on first purchase**

$129.95

MAGNOLIA HALL (Dept. BH 1090)
726 Andover, Atlanta, GA 30327

Lowest Prices! LEVOLOR BLINDS



NOBODY BEATS OUR LEVOLOR PRICES ON...
1" MINI BLINDS ◆ VERTICAL BLINDS ◆ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ◆ WOOD MINI BLINDS ◆ PLEATED SHADES
WE ALSO FEATURE ... DRAPE ... HUNTER-DOUGLAS DUETTE
FAUXWOOD ... WOOD BLINDS ... SPECIALTY SHADES ... TOPPERS

FAMOUS MAKER MINI BLIND—FREE VALANCE—ON SALE NOW!!

Width → / Length ↓	19 to 23	23+ to 26	26+ to 29	29+ to 32	32+ to 36	36+ to 40	40+ to 44	44+ to 48	48+ to 52	52+ to 57	57+ to 62
To 42"	14	17	18	19	21	23	25	26	28	31	33
42+ to 48	16	18	19	21	23	25	27	28	30	34	36
48+ to 54	17	20	21	23	25	27	30	31	33	37	39
54+ to 60	18	21	23	24	27	29	31	33	35	40	42
60+ to 66	19	22	25	27	29	31	33	35	38	43	45
66+ to 72	21	24	26	29	31	33	35	38	40	45	49
72+ to 78	22	25	28	30	32	35	37	40	42	48	52

SIZES TO 102W X 108H CALL FOR WELLS' ...
CALL OR WRITE FOR A PRICE QUOTE OR FREE 48-PA...
1-800-547-8982

WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7721 AMADOR PLAZA ROAD, DUBLIN, CA 94568
+ BROTHER CONVENIENTLY LOCATED CALIFORNIA & OREGON STORES

At Last A Cap Organizer!



The "Original" Cap Rack Holds up to 12 Caps!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the **PATENTED** plastic clip. Hang one for everyday use, and order several for your cap collection. Made in **USA** of **Solid Wood.** Great gift idea.

Set of two 6-clamp Cap Racks (each 18" long)
Reg. $11.95—Now for limited time, **ONLY $9.95** + $2.45 p&h.
Two sets of two 6-clamp Cap Racks Only **$18.95** + $2.85 p&h.

Single 12-clamp Cap Rack (36" long) **Reg. $11.50—Now** for limited time, **ONLY $9.50** + $2.45 p&h.
Two single 12-Clamp Cap Racks Only **$18.50** + $2.85 p&h.

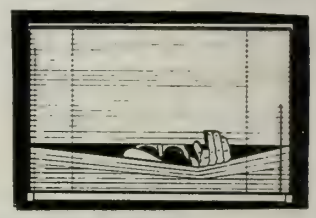
Send Check or MO. 20 day money back guarantee.

Dept. BHO-1090, 1118 W. Lake
HOLST, Inc. **Box 370, Tawas City, MI 48764**

BH&G Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence.

BY ARLENE AVILES



BLINDS, BLINDS, BLINDS

Bali Blinds, Louver Drape verticals and shad Hunter Douglas and Verosol—save up to 7 on custom-made mini, micro, vertical blinds, plea shades and Duettes. #1 in customer service—f UPS shipping in 48 states. Call for free co samples. 1-800-441-1288. PREMIER BLI COMPANY, 317 East Hempstead, Giddi TX 78942.



NEW DESIGN PORTFOLIO

Includes the latest group of newly created ho plans. among the 75 designs are detailed Victo and Tudor styles, Heritage Houses and Farmhou Also a section devoted to the new Signature Serie Luxury Homes. Features one and two-story ho from 1608 to 6602 sq. ft. 80 pages. Blueprints av $4.95 ppd. HOME PLANNERS, I Dept. BHE OX, 3275 West Ina Road, # Tucson, AZ 85741.



6 WEEK SWEAT CONTROL

Treatment with electro DRIONIC® keeps a dry for 6-week perio Try doctor recommen Drionic for unequa control with 45-D MONEY BACK GU ANTEE. Thousands scribed by doctors. $ ea. pr. (specify underar hands, feet). GENERAL MEDICAL CO., D BHE-112, 1935 Armacost Ave., Los Angeles, 90025. MC/Visa–1-800-HEAL DOC.

MINI BLINDS



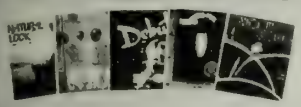
Window Express blinds–out of our factory in seven days–amazing prices! Also savings on window treatments (pleated shades, verticals, micros, etc.) by Levolor, Del Mar, Kirsch and Louver Drape. Free info. from CUSTOM WINDOWS & WALLS, Dept. BHG1090, 32525 Stephenson Highway, Madison Heights, MI 48 or call toll free 1-800-772-1947 or 1-800-777-774



CONTINUED CHINA, CRYSTAL D FLATWARE PATTERNS

nplete sets of china, crystal and flatware become looms, treasured by families for generations. n you add to your settings, immediate values are anced. The world's largest inventory of discontin- patterns in bone china, earthenware, crystal, ster- , silverplate, and stainless. Write to: REPLACE- NTS, LTD., 302 Gallimore Dairy Road, Dept. 1090, Greensboro, NC 27409-9723. Or call 919- 2064.

WE DO WALLCOVERINGS.



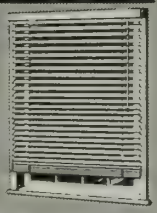
ART WALLCOVERINGS

rt Wallcoverings does one thing & we do it right. 's why we can discount every wallpaper pattern anywhere up to 50% off! Plus, Smart features shipping within 3 days & the lowest prices anteed! Toll free 1-800-677-0200.

LOWEST PRICES! LEVOLOR • DELMAR • BALI • GRABER • HUNTER DOUGLAS LOUVER DRAPE • JOANNA • KIRSCH • VEROSOL • PROFILE • M & B

LEVOLOR® & del mar

MINI-BLINDS 75% OFF RETAIL





VERTICAL BLINDS 75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS OR FREE!

Call Us for Prices on All Brands of:

- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

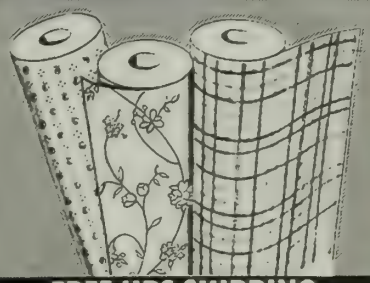
COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING

35% to 75% OFF

ALL THE NATIONAL BRANDS!



FREE UPS SHIPPING
NO SALES TAX OUTSIDE MI

Instant Price Quote on All the National Brands

- All First Quality
- Special Case Discounts
- Call Us With Book Name and Pattern Number

NEW LOWER PRICES!

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262

AMERICAN BLIND & WALLPAPER FACTORY

28237 ORCHARD LAKE RD. FARMINGTON HILLS, MI 48334

WEEKDAYS: 8:30-9:00 p.m.
SAT. 8:30-6:00 p.m. • SUN. 10:00-6:00 p.m. E.S.T.

©1990 A.B.W.F.

STORE BY MAIL



THE FOUR SEASONS® SALES EVENT OF THE YEAR.

"Before & After"

Before

After

Call now for your free In-Home Design Appointment.

1-800-FOUR SEASONS

We're celebrating our "Before & After" Design Contest with a tremendous Factory/Dealer sponsored sale on our low cost patio rooms as well as our full scale solariums.

Only a limited number of homes from each of our 270 locations will be selected. Special savings and a chance at our grand prize of $15,000 could be yours.

Don't delay. This offer is strictly limited.

Find out how you can bring Outdoor Living...Indoors with Four Seasons.

Call today for a free In-Home Design Appointment– no obligation to buy.

Over 270 independently owned and operated franchised locations nationwide.

Don't miss out. This is a limited offer!

ICAL SAVINGS: $500-$2,000.
s–the chance to win our $15,000 Grand Prize.

FOUR SEASONS™ Design & Remodeling Centers

GREENHOUSES • SUNROOMS • PATIO ROOMS
WINDOWS • DOORS • SKYLIGHTS

Outdoor Living...Indoors™

©1990 Four Seasons Solar Products Corp., Holbrook, NY 11741

SHOP BY MAIL

WALLCOVERINGS



50% OFF RETAIL

Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!

FREE SHIPPING WITHIN 3 DAYS!

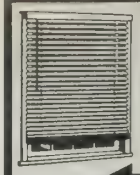
CALL TOLL FREE 1-800-627-0400 with pattern number and book name

Style Wallcovering

"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"

VISA P.O. Box 52128 • Livonia, MI 48152 MasterCard

LEVOLOR



1" MINI BLINDS 75% Off Retail

LOWEST PRICES GUARANTEED

CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM



SHIPPED IN 5 DAYS OR THEY ARE FREE!

VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES

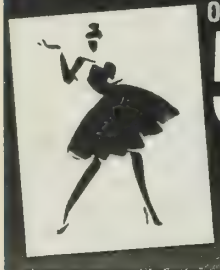
NATIONAL BLIND FACTORY

VISA CALL TOLL FREE 1-800-477-8000 MasterCard

400 GALLERIA #400 • SOUTHFIELD, MI 48034

ART POSTERS

Over 2500 Collections



50% OFF

- Contemporary
- Childrens
- Lifestyles
- Scenic
- Fine art
- Photography

FREE UPS shipping to your home!

World's largest collection of art posters & prints—all custom framed.

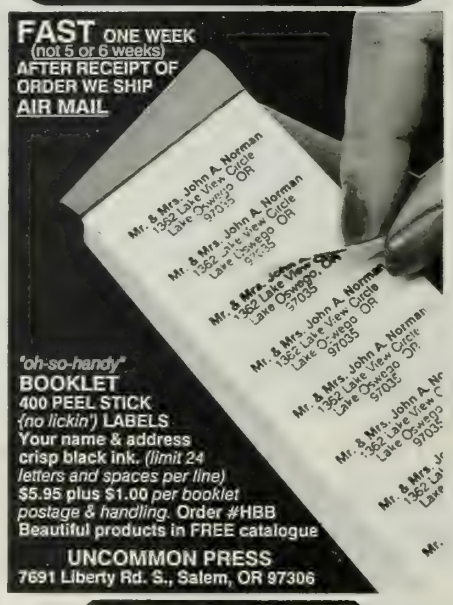
FREE COLOR CATALOG

VISA CALL TOLL FREE 1-800-477-3300 MasterCard

Habitat Gallery

Custom Framed Art Posters & Prints

FAST ONE WEEK (not 5 or 6 weeks) AFTER RECEIPT OF ORDER WE SHIP AIR MAIL



"oh-so-handy" BOOKLET
400 PEEL STICK *(no lickin')* LABELS
Your name & address crisp black ink. *(limit 24 letters and spaces per line)*
$5.95 plus $1.00 *per booklet postage & handling.* Order #HBB
Beautiful products in FREE catalogue

UNCOMMON PRESS
7691 Liberty Rd. S., Salem, OR 97306

WINDOW EXPRESS

1" MINI BLINDS SHIPPED IN 7 DAYS

CUSTOM MADE
1" Mini Vinyl from $12!
1" Aluminum from $15!
PVC Verticals from $42!
Free Shipping On Most Items

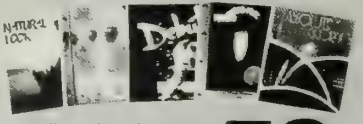
Also
• Levolor • Kirsch • Del Mar • Louver Drape

SUPER SAVINGS ON WALLPAPER

CUSTOM WINDOWS & WALLS
12525 STEPHENSON HWY. MADISON HGTS. MI 48071

1-800-772-1947
Or 1-800-777-7747

WE DO WALLCOVERINGS.



Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to...

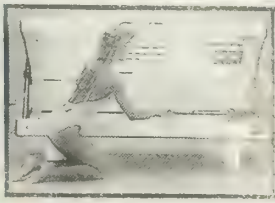
50% OFF RETAIL

SMART FEATURES
- Free UPS shipping!
- Most orders shipped within 3 days!
- Absolute lowest prices guaranteed!

CALL TOLL FREE 1-800-677-0200

VISA MasterCard SMART WALLCOVERINGS

"Where a smart shopper is our best customer."



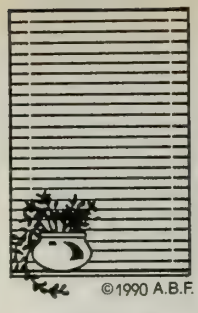
TAN AT HOME!
Home & Commercial
WOLFF Tanning Beds
BUY DIRECT
SAVE UP TO 50%!
Call Today for FREE Color Catalog
Wholesale Tanning
1-800-228-6262

DURHAM'S Rock Hard WATER PUTTY

MAKES LASTING REPAIRS

Durham's fills cracks and holes in plaster, wood and tile. Won't shrink or fall out. Sets quickly, holds tight. Economical, easy-to-use powder keeps indefinitely. Available at lumber, paint and hardware stores.

DONALD DURHAM COMPANY
Box 804-B • 59 Forest Ave. • Des Moines, Iowa 50314

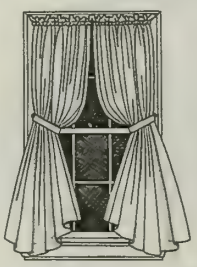


©1990 A.B.F.

WINDOW BLINDS
Order custom-made w dow treatments di from the factory and s up to 75% off retail! M blinds, vertical bli wood blinds and plea shades! Guarantee sl ment of American Bli in 5 working days they're yours absolu free! For FREE infor tion call AMERIC BLIND FACTORY AND WALLPAPER F TORY 1-800-735-5300.

NORDIC TRACK
Introducing a new piece of exercise equipment intended to create and maintain muscle strength and flexibility with just a few basic exercises. Quiet, attractive and easy to use, the new Nordic Fitness Chair is designed to be used in the living areas of the home. For more information on the Nordic Fitness Chair 1-800-848-7786.





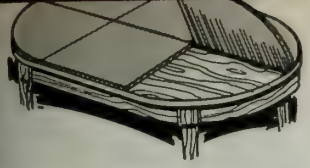
PLAIN AND SIMPLE TAILORED CURTAIN
50% cotton/50% pol ter. Natural or White. wide per pair. Leng 20", 25" or 30", $15 pr; or 40", $17 pr; 45" or $19 pr; 63" or 72", $2 81" or 90", $26 pr. backs, $2.75 pr. O styles avail. Made in U Free 64-page color catalog. Add $6 p&h per or COUNTRY CURTAINS, Dept. 7670, Stockbri MA 01262.

VERTICALS & MINI BLINDS
60% to 76% off retail. Shipped in 5 working day yours FREE. LIFE TIME GUARANTEE. We an established factory-direct company committed to quality & service. Our free designers sample kit lets you buy in the convenience of your home. Call toll free: 1-800-642-9899 (ext.4), or write to: AROUND THE WINDOW 326 N. Stonestreet Avenue, Suite 204, Rockville, MD 20850.



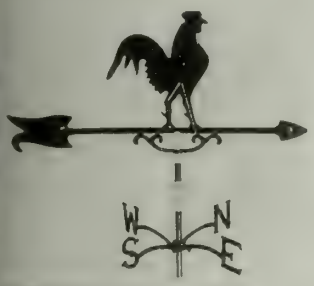
CHINA, STERLING SILVER, CRYSTAL
Save up to 70% on famous makers like Gorl Reed & Barton, Royal Doulton, Lenox, Wedgw Noritake & many others. By the piece or by th Midas has the lowest prices. All orders sent qu via U.P.S. Midas ac AmEx., Visa, M.C. & cover. Write to: MI CHINA & SIL Dept. BHG1090, Walney Road, Chan VA 22021. Call toll 1-800-368-3153.





STOM TABLE PADS

tect your treasured dining table with a quality om table pad. Once in a lifetime offer by ordering ! Save up to 70%. Unbelievably priced from only 95 any normal size; compare at $99.95. Pads washable, heat-treated vinyl tops, insulating felt oms, fold for easy storage. Has 5-year factory rantee. FACTORY DIRECT TABLE PAD CO. call 1(800)428-4567.



ID DIRECTION AT A GLANCE

splendid Crowing Rooster weather vane will he finishing touch to your home, garage, farm or h. The weather vane is made of durable metal baked vinyl coating. The arrow is 23" long; the ort is 27" high. Makes a lovely gift for any home- r. Send just $19.95 + $3 postage. Also available orse motif. HOLST, INC., Dept. BHV-1090, W. Lake, Box 370, Tawas City, MI 48764.

LECTRIC
UNTRY CHARM
RANGE

T IRON modern nic range with automatic , oven timer and minute ler. Authentic repro- on. Easy-care porcelain Coffee mill clock and most rtant, it fits in ern range space. Prices at $1425.00. We also built-in microwaves wall ovens.

COUNTRY CHARM ppliance Folder and Gift Catalog $1.00



Quality backed by over 45 years of Skilled Craftsmanship.

Made and Sold Only by
THE HOUSE OF WEBSTER
"Old Fashioned Gifts"
BOX BH 9010, ROGERS, ARK. 72757

LOWEST PRICES

BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DUETTES / MICROS/ 1" MINI / VERTICALS
REAL WOODS / PLEATED
FREE UPS SHIPPING — NO 1 IN CUSTOMER SERVICE
TEXAS FRIENDLY SPOKEN HERE

PREMIER BLIND COMPANY
CALL TOLL FREE FOR INFORMATION & PRICE QUOTES
1-800-441-1288
FAX 409-242-1382
317 E. HEMPSTEAD — GIDDINGS, TEXAS 78942

ALWAYS FIRST-QUALITY
Top-Brand Wallpaper
Save up to 75%

- Any book or pattern.
- No tax outside Pa.
- Any fabric and border.
- Shop, then call with book name, pattern number.

FAST! Same-day processing.
FREE! Shipping. Except Alaska and Hawaii.

ALSO Top-Brand Carpet & Rugs

Mon., Tues., Fri. 9–9
Wed., Thurs., Sat. 9–5:30

1 800 252-5060
BENINGTON'S™
1271 Manheim Pike, Lancaster, PA 17601

LEVOLOR BLINDS

1" MINI-BLINDS... UP TO
75% OFF
GUARANTEED LOWEST PRICES!!
CUSTOM ORDERED VERTICAL BLINDS
(Fabrics - Vinyl - Aluminum)
PLEATED SHADES • DUETTES • REAL WOODS
WE SELL ALL SIZES!! ALL BRANDS!!
TO ORDER CALL TOLL-FREE
1-800-677-9090
ADVANCED CONSUMER PRODUCTS
P.O. BOX 95 • GARDEN CITY, MI 48135-0095
ASK ABOUT OUR GUARANTEE!

WHOLESALE WALLCOVERINGS
CALL US WITH BOOK NAME & PATTERN NUMBER
36% to 50% OFF

MICROS • MINIS • VERTICALS • PLEATED
BLINDS
UP TO 70% OFF

FREE SHIPPING NO SALES TAX (excl. N.J.) BHG
TOLL FREE 1-800-338-4882
HEADQUARTERS WINDOWS & WALLS
8 Clinton Place, Morristown, NJ 07960

Inclinette®
Ride, Don't Climb.

Ride up or down stairs quickly and easily with Inclinette, the custom-built, single-seat stair lift from Inclinator Co. of America. For more information, write today:



INCLINATOR
COMPANY OF AMERICA
Dept. 1
P.O. Box 1557
Harrisburg, PA 17105-1557

800-847-6142
Wallpaper
•ANY PATTERN, ANY BOOK
•UP TO 50% OFF RETAIL
•ALL FIRST QUALITY
•GREAT SERVICE
THE EASY WAY TO SHOP
YORKTOWNE WALLPAPER OUTLET
2445 S. QUEEN ST. • YORK, PA 17402

UP TO **75%** OFF
WALLCOVERING
EVERY BOOK & PATTERN
NO SALES TAX
(Except NJ & NY)
FREE UPS DELIVERY
NEVER UNDERSOLD

FABRICS
WAVERLY • GEAR
CLARENCE HOUSE
ROBERT ALLEN
JAY YANG
KRAVET
MARIO BUATTA
UP TO **50%** OFF

68% OFF
LEVOLOR BLINDS
VERTICAL, MINI & MICROS
ALSO DELMAR, BALI,
LOUVER DRAPE, GRABER,
HUNTER DOUGLAS &
MORE

MasterCard VISA
NATION WIDE WHOLESALER
1-800-537-WALL
P.O. BOX 40, HACKENSACK, NJ 07602



GIANT CAST IRON PIGGY BANK

only **$13.95**
plus $3.75 shipping

An inspiration for savers—*and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100-year-old antique foundry molds. Not your everyday run-of-the-mill piggy bank—he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. Check, MC, Visa. NJ res. + 7% tax.
SPECIAL: Two for **$26** plus $6.50 shpg.

ESSEX HOUSE
Dept. G10-0, Rahway, NJ 07065

STOP BY MAIL

STOP BY MAIL





THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ Send your FREE color catalog

Name _____

Address _____

pedigrees The Pet Catalog

Box 110, BH 142, Spencerport, N.Y. 14559

BLINDS

LEVOLOR
LOUVERDRAPE
DELMAR
HUNTER DOUGLAS

Verticals
Pleated Shades
Duettes
Wood Blinds
Micros & Minis

up to 80% off!

- Free UPS shipping
- No sales tax outside RI
- 5 day shipping on selected patterns

GLOBAL BLINDS

Call Toll Free:
1-800-488-4334
with brand name, pattern and color #
Weekdays: 8:30 a.m. - 9:00 p.m. EST
Saturday: 8:30 a.m. - 6:00 p.m. EST

LITTLE TREE

by

Louise Stiles

Member of Society of Children's Book Writers

(A Family Favorite)



This is a tender story about how God created the world, about the fall of man, Jesus' birth and how love grows. 8½" x 11" hardbound-full color illustrated book. Send $7.95 + ($2.00) Postage & Handling, (check or money order).

Name _____

Address _____

City _____ State _____ Zip _____

Granny Stiles Ministries

P.O. Box 1656, Clewiston, Florida 33440

National Wholesale Wallcovering

★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!

WALLPAPER

NEW! LOWER PRICES!

EVERY BOOK AND PATTERN ALWAYS UP TO 75% OFF!

★ EXCLUSIVE "DON'T GET STUCK" RETURN POLICY
★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!
★ BUY ALL TOP BRANDS at National Wholesale

1-800-631-9341

★ FAX ORDER OR INQUIRY-1-800-526-9037

YOU CAN CHARGE IT!

PO Box 396, Ledgewood, N.J. 07852

Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape

BLINDS

UP TO 80% OFF

Micros • Minis • Verticals • Duettes

WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

FREE UPS Shipping

FREE PRICE QUOTES
Call Today For Discounts On Any National Brand

No Sales Tax Outside N.Y. State

THE BLIND FACTORY OUTLET

1-800-233-4488

WALLPAPER

FREE DELIVERY • MASTERCARD/VISA
NO SALES TAX (outside PA)
CALL WITH BOOK & PATTERN #

33 - 75%

MARY'S DISCOUNT PAPERS
FAMILY BUSINESS SINCE 1925

1-800-521-3393



The "diamond" you can afford to lose!

A Kenya® Gem isn't a diamond... but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.

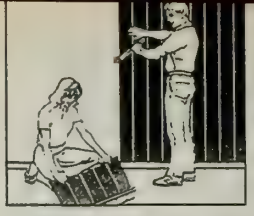
A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold... priced to lose...

but you won't want to.

Send for free full color catalog today:
Major credit cards accepted

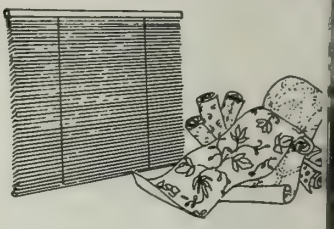
KENYA Division, Dept. BH 1090
Day & Frick, Inc
1760 N. Howard Street
Philadelphia, PA 19122

®Trademark of Day & Frick, Inc., Est. 1866



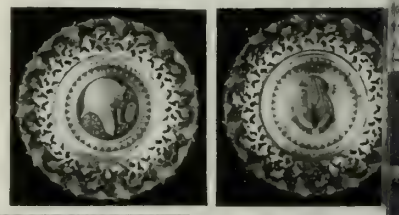
AT THE LOWEST PRICE!

Our goal for over years has been same: sell wallpa at prices lower t anyone else. Cal compare our pric on wallcoverings. First quality & good service guaranteed. MARY'S DISCOUNT WALLPAP 111 North Lansdowne Avenue, Lansdowne, 19050. Phone 1-800-521-3393.



WALLCOVERING AND BLINDS

Save up to 50% off on 1st quality wallcoveri fabrics and borders. Just call with manufactu book and pattern number. Custom made mini, m or vertical blinds and pleated shades up to 70% retail prices. Call toll free to order: 800-338-4 HEADQUARTERS WINDOWS AND WAL 8 Clinton Place, Morristown, NJ 07960.



GRACE WALLS WITH BEAUTIFUL EGYPTIAN PLATES.

Imported directly from Egypt. 16" round, mad solid brass and copper with silver inlay. Sells in st for $165 each. Our price $69.95 each, or two $130. Add $8 shpg/hdlg. Supply is limited. M.C., AmEx or Discover. To order call toll-fre 800-776-3941. (CA residents add 7¼% tax.) Or check or M.O. to: J & L ENTERPRISES, P.O. 4513, Oceanside, CA 92052.



MY FATHER'S DREIDEL

"The Hanukkah Keeper" holds gifts fo entire family. 18"x46" high. Sturdy struction, sets up in utes with Velcro faste no tools required. Pr tive coating keeps dreidel clean. Folds for easy storage. $53.95 ppd. (NJ residents adc sales tax.) DREIDELS UNLIMITED, 3 Cran Ct., Edison, NJ 08820. Or call (201) 382-6285.

PERFUM

COLOGNES & MINIATUR

Over 1000 Designer Fragrances
Imported-Hard to Find-Discontinue



Available to you from the world's largest perfumery. To place an order call Toll Free 1-800-544-0575 or write for free catalogue to Le Parfumier, P.O. Box 40412-4 South 5th Street, Philadelphia, PA 191

Credit Cards Accepted: Amex Visa M.C. D.C. C.B. Disc

WORLDWIDE DELIVERY

BALI LeVolor Graber Duette by HunterDouglas DEL-MAR

BEST BLIND PRICES IN AMERICA!

FROM OUR FACTORY

FREE DESIGNER SAMPLE KIT

Actual aluminum color samples. Actual fabric samples. This kit could save you hundreds. Call for yours today!

MINIS VERTICALS PLEATED





Dealer Inquiries Welcome!

UP TO **76% OFF!** suggested retail price

Shop Wholesale At Home! Lifetime Guarantee!

5 Working Day SHIPPING OR IT'S Free!

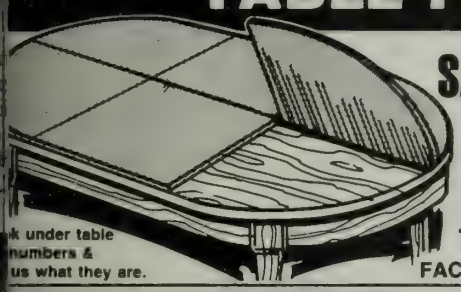
1-800-642-9899 Ext.4

326 N. Stonestreet Ave. / Suite 204
Rockville, MD 20850

around the window

PROTECT Your Treasured Dining Table With CUSTOM FIT **TABLE PADS**

ASK ABOUT FREE LEAF SPECIAL



ok under table
numbers &
us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase

UNBELIEVABLY PRICED FROM

$29.95 For Quality Pad Any Normal Size

COMPARE AT 99.95

Guaranteed up to 20 years - MC/VISA

TOLL FREE 1 (800) 428-4567

FACTORY DIRECT TABLE PAD COMPANY

Noritake China Replacements

e you having trouble finding matching pieces for your Noritake China?

Write:

Noritake

SERVICE CENTER, DEPT. B
P.O. Box 3240, Chicago, Illinois 60654
Call TOLL FREE 1-800-562-1991
(In IL 1-312-645-0724)

UP TO 80 % OFF Dept Store Price Lists

VERTICALS DUETTES MINIS

All national brand names all types of window coverings call with brand names, pattern name & color • 6 days a week M-F 8 to 6 Sat 10 to 3

VISA MASTERCARD

800-877-8590
THE BLIND WORKS
No sales tax outside NJ
THE SMART SHOPPERS CHOICE

FREE UPS SHIPPING

TAROT ANSWERS ALL QUESTIONS
CALL: 1-900-370-9090
FOR THE FIRST TIME EVER YOUR MOONSIGN
HOROSCOPE. CALL: 1-900-370-9000
LET CASSANDRA REVEAL YOUR CHINESE
HOROSCOPE. CALL 1-900-370-9191
$2 FIRST MIN., $1 EACH ADD

Discount Wallcovering

Blinds - Verticals

"Never Undersold"

ALL BRANDS - FIRST QUALITY

FREE DELIVERY

NO SALES TAX (OUTSIDE PA)

SHOP IN YOUR NEIGHBORHOOD
Write down
Pattern Number/Book
Then Call

FREE* 2 rolls selected books Buy 10 Get 2 Rolls Free! Per pattern MENTION COUPON

SILVER WALLCOVERING BLINDS • VERTICALS

01-15 Kensington Ave. • Phila., PA 19134

1-800-426-6600
USA - CANADA

CARPET up to 65% OFF!

Valuable Information From a Carpet Industry Insider!

Learn for yourself how to buy carpet direct. With this information you will be able to buy most any brand of carpet wholesale. As a free bonus you will also receive other money saving secrets for vinyl and hardwood. Not only can you save money, but make money by selling carpet.

To order send $4.95 to: Carpet insider, P.O. Box 17965 Salt Lake City, Utah 84117-0965

40 EXPRESS PHOTOS ONLY $3.00

BRIGHTEST COLORS ★ BORDERLESS
Six choices only $3.00 each



★ 40 Wallets
★ 32 Wallets & One 5"x7"
★ 8 Wallets & Four 5" x 7"s
★ 2 Custom 8" x 10"s
★ 1 Custom 11" x 14"
★ 20 Jumbo Wallets

UE color photos on KODAK paper. Speedy service with nputer accuracy. Send any photos or instant prints up to 10" or negs or slides. (returned) Add 95¢ each set for hand. & post. For Rush Express Photo Service add $2.00 per order.

ANT COLOR Largements ★ 1 Custom 20" X 30" $9.95 ★ 2 Custom 16" X 20" $9.95

postage and handling. Add $1.95 per giant Enlargement Offer

aranteed. Encl. check or M.O. with ret. address, send to:

For Rush EXPRESS PHOTO™ Service add $2.

RELIANCE COLOR LABS, INC.
Studio 314-10 Box 1000
Swansea, MA 02777

BEAUTIFUL WALLS



Amazing roller paints wallpaper patterns directly on walls, furniture, fabrics, etc. Florals, geometrics, traditional, modern, colonial, and more. Do it in your own home or start a new business. A complete kit costs only $44.90 + $5.00 P&H. Rollerwall, Inc., Box 757, Dept. BH-100, Silver Spring, MD 20918.

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more.

PLEASE CALL: 413-243-1300
24 hours a day, 7 days a week

Satisfaction guaranteed.

☐ **PLEASE SEND FREE CATALOG.**

Name_____
Address_____
City_____
State_____ **Zip**_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 6980, Stockbridge, MA
01262



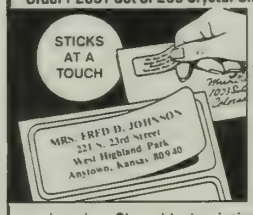
1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $3.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $3.98



250 Self-Stick WHITE GLOSS LABELS $3.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $3.98

Walter Drake 3050 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___ S717 1000 Labels @ $1.49 $_____
___ P2031 Crystal-Clear Labels @ $3.98 $_____
___ P6030 White Gloss Labels @ $3.98 $_____
Add 40c per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

THE MAN NEXT DOOR

OCTOBER 1990

■ No matter how "all natural" the front of the cereal box describes the contents to be, notes Liz Randall, the back of the box always carries a long list of the chemicals therein. "All natural chemicals, of course," she says.

■ Dick Dresch figures he must be in the autumn of his life: His hair, like the leaves, is turning color and falling.

■ A statesman, says representative Nick Hanfli, is a politician who has decided not to run for reelection.

■ Ken Floyd envies the migrating birds. "They get to fly south for the winter and they don't even have to eat the airline food," he laughs.

■ Bill Minchin loves to put a dollar bill in our office coffee shop's change-maker and hear the torrent of coins cascading into the receptacle. "Las Vegas without the risk," he says.

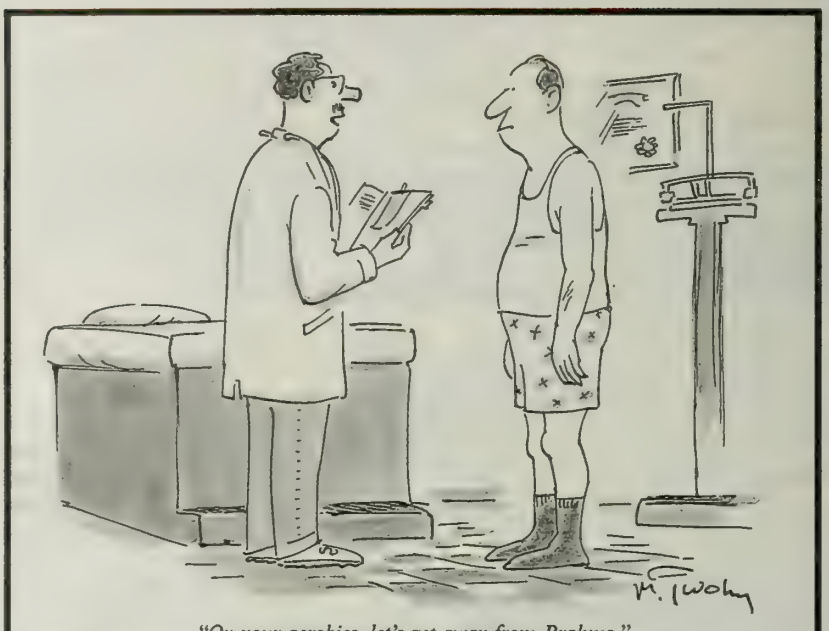
■ Editor Earl Reeves favors recycling old newspapers, but he doesn't think the news will get any better.

■ Elaine Cowan says all the excitement about the new TV season reminds her of the old saying about eating Chinese food: After 30 minutes you're hungry again.

■ When I told Chris I'd picked a date the first snow would fall for our office pool, she said the timing was obvious: the day before Burt, Jr., vowed to rake up the leaves in our yard.



"Does the Fifth Amendment apply to report cards?"



"On your aerobics, let's get away from Brahms."

■ The Rev. George Hall says the surest way to get congregational approval of his sermons is to cut them in half.

■ Aunt Opal doesn't care for one feature of her new car, the safety belts that automatically envelop her. "It was bad enough," she complains, "when cars started scolding you, now they wrestle with you."

■ Young Bubba Daley says playing high school football has been educational. "I didn't know," he said, "there were so many places on my body that could hurt."

■ Judy, 11, studied me for a moment last weekend when I managed to squeeze into a pair of my old army pants I found in the back of my closet. I decided to throw them away when she asked, "Does it hurt much?"

■ Elaine Cowan longs for the days when sticker shock applied to cars instead of sneakers.

■ Ned Carter says he doesn't worry about the illegal activities some lawmakers have been accused of, adding, "It's the *legal* stuff that scares me."

Judy wants to get in one more fishing trip to the lake before the weather gets too cold.

"It's already a little cool these mornings," I said, "and it'll be even colder out on that water. Besides, that lake has been fished all summer long and I wouldn't bet that there are a lot of big fish left this late in the season."

"Well," she said after a moment's thought, "the fish that are left, Dad, they'll be whoppers, and real fighters, don't you think? Besides, what do you have to do Saturday besides clean out the garage, straighten up the workshop, rake leaves, and all those other boring old chores?"

She gave me pause to think and I thought. And I agreed. Those fish up at the lake are probably monster-size by now, so we'd better go check them out while the weather holds. The chores can wait. And, yes, I am aware that Judy has already caught a big fish—me.

Burton Hillis

TER HOMES & GARDENS
) November

LEVER-TAIL TURKEY ROASTING GUIDE

3 9042 02348734 8



P. 154

Better Homes and Gardens®

OV. 1990

MAKE-
AHEAD

OLIDAY
AKING

ELICIOUS
ES

K

RAFT

FFORDABLE
DECORATING

CCENTS FOR
NSTANT STYLE

EAT &
STAY
SLIM
THRU THE
OLIDAYS P. 52

BONUS
COOKIES
FOR CHRISTMAS

ALI
11-BRLPRM-480995 UA
DEC91 ED 09424 02
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010

BURLINGAME
OCT 9 1990
LIBRARY

$1.95
11
14060
0 140055 7



ARMSTRONG PUTS THE HEIGHT OF FASHION
RIGHT AT YOUR FEET.



Once there were formal rooms and casual rooms and rarely the twain did meet. But today, the idea of melding traditional elegance with put-your-feet-up comfort has come into its own.

It's a trend Armstrong's versatile new custom-installed Components™ tile was made for.

Our three designs and many colors let you create unique floor patterns. Your imagination's the only limit. Now the playfully relaxing feel of casual elegance builds from the floor up.

For the name of your nearest Armstrong Floor Fashion Center® retailer, call 1 800 233-3823. Ask for Dept. Components.

Armstrong

so nice to come home to™

Armstrong Components Tile—Solid



There's an all too common notion that owning a 4-wheel drive vehicle means sacrificing a smooth ride and comfortable interior environment. But the 4-wheel drive Ford Aerostar is changing that notion—combining improved traction with ride and handling so exceptional, you may not even realize you're driving a 4-wheel drive vehicle.



Advanced electronic 4-wheel drive and anti-lock brakes.

To help you stay calm (even when the weather doesn't), we gave this Aerostar the most advanced 4-wheel drive available in a minivan: a full-time system that electronically senses road conditions and accordingly adjusts the power given to each set of wheels. In addition, we included standard rear anti-lock brakes, designed to inhibit rear-wheel lockup and help you make straight stops.

Smooth handling. Comfortable ride.
But since a minivan should be as comfortable as it is comforting, we also gave Aerostar smooth ride and handling, along with a well-appointed, roomy interior. In fact, Aerostar has greater rear cargo capacity than Caravan or Voyager.*

Standard 4.0L V-6 power.
As for Aerostar's 4.0L V-6 engine, it, too, is capable of handling practically anything–like towing up to a 4500-pound trailer.** It's just one more reason Aerostar 4WD is ideal for families on the go. And for families who refuse to let Mother Nature rule the roost.



Ford Aerostar 4WD is *Motor Trend's* award-winning minivan for 1990.

*With rear seats removed.
**Maximum available towing reduced by weight of passengers and optional equipment.

Ford Aerostar 4WD

Have you driven a Ford...lately?

Ford

It handles the road as easily as it handles Mother Nature.



1892 WAS A VERY GOOD YEAR FOR COFFEE

¶ It was a time when those in the coffee business did things a little differently.

¶ And so it was in 1892 that a Southern merchant had cause for celebration. His premiere blend of coffee (and some say his own personal labor of love) was about to be renamed after the famous hotel where it had already built a reputation as the special house blend. The hotel, of course, was Nashville's Maxwell House.

SLOW ROASTED

¶ Today, it is with great pride (and something of a feeling that there are still folks around with a taste for the way things used to be made) that The Maxwell House Coffee Company would like to acquaint you with 1892™ Slow-Roasted Coffee. It is coffee that is roasted the way everyone used to do it: Slowly. With something of a reverence for the old ways of making things. Next time you're at the grocer's we invite you to try a can. Perhaps you will find that you have a taste for the uniquely satisfying, lusty taste of coffee the way it used to taste.



¶ 1892™ Slow-Roasted Coffee. A labor of love...from The Maxwell House® Coffee Company.

© 1990 Kraft General Foods, Inc.

Better Homes and Gardens®

TABLE OF CONTENTS NOVEMBER 1990; Vol. 68 No. 11

ON THE COVER

52 Eat and Stay Slim over the Holidays

95 Affordable Decorating *Accents for instant style*

106 Quick Gifts to Craft

123 Make-Ahead Holiday Baking *20 delicious recipes*

154 Never-Fail Turkey-Roasting Guide

BETWEEN FRIENDS

10 Editor's Letter

20 Family Network® *Our readers offer solutions to family problems*

35 Helping Homeless Families

202 The Man Next Door®
Writes about family, friends, and neighbors

BETTER LIVING

38 Families Today *A father shares what he learned too late about the cost of college*

FAMILY MATTERS

PARENTING

42 Raising an Independent Child
Preparing your children to exit the nest

HEALTH

51 Measles Menace *It's not just for kids anymore*

52 Good Food, Good Health *Beating holiday overeating*

54 Fitness Matters *Ideas and inspiration to keep you going*

58 The Drugstore Revolution *Effective relief for everyday ills*

64 The Eyes Have It *New ideas and information about vision care*

68 Health Update *Medical news you can use*

72 Saying No to Infant Exercise Classes

ENVIRONMENT

114 Put Your Purchasing Power to Work

PETS

168 TLC for Dogs and Cats *Schedule quality time with your pet daily*



Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. NOVEMBER, 1990. Vol. 68, No. 11.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.



WE'D LIKE TO PUT 600 WINDOWS AND DOORS IN YOUR MAILBOX.

The windows and doors with the industry's most innovative designs, most advanced materials and the longest lasting warranty can all be yours.



PEACHTREE
DOORS AND WINDOWS

Free Brochure

For a comprehensive brochure on the broadest line and best ideas in windows and doors, give us a call at 1-800-477-6544. Or just mail in the coupon

I plan to: ☐ build ☐ remodel ☐ replace

Name: _____
C01K0

Address: _____

City: _____ State: ____ Zip: _____

Mail To:
Peachtree Doors, Inc
4150 Blue Ridge Industrial Pkwy.
Norcross, GA 30071

CONTENTS, CONTINUED FROM PAGE 5

FAMILY MATTERS *continued*

CARS

171 **What's New in the Versatile World of Minivans**
Our expert reviews the latest models

TRAVEL

178 **Winter Escapes** *Some like it hot; some like it cold*

FOR YOUR HOME

GARDENING

25 **Easy-Growing Orchids**
Houseplants that keep on blooming

CRAFTS

44 **Home Style** *Winter warmers for your home*

106 **Gifts with a Personal Touch** *Last-minute presents from the heart*

BUILDING

81 **Cottage on the Prairie** *Come home to character*

INTERIOR DESIGN

95 **Finishing Touches** *Accessories that turn a house into a home*

GOOD FOOD

123 **The Joy of Holiday Baking**
Fabulous recipes you can make ahead

130 **How to Use Nutrition Information**

130 **Recipe Index**

154 **Cook-to-Cook—From My Kitchen to Yours**
The Holiday Bird

160 **Great-Start Breakfast** *20-minute menu*

163 **Prize Tested Recipes®**
Party Appetizers, Crockery-Cooker Meals

166 **Win Money for Your Recipes**

SHOPPING

76 **Directory of Architects and Designers**

76 **Buying Guide**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

195 **How to Order** *Special offers, project plans, and kits featured in Better Homes and Gardens® magazine*

196 **Shopping Editor's Choice**

COVER CREDITS Photograph: RON CROFOOT; Food Stylist: BONNIE RABERT

For service on your subscription, including change of address, write to **Better Homes and Gardens®** *Customer Service Manager, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free* **1-800/678-2666**.

WE CARE!

In 1962, Mr. Lee Evans made it clear that he wore the pants in the family. But once a week, he didn't mind giving them to his wife.



The menthol with a fresh, cool style. Isn't that what women are all about?

VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY.

15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method. © Philip Morris Inc. 1990

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

©1990 T.I.



TEXAS INSTRUMENTS



A Third Grader Spends An Average Of 900 Hours A Year In Class. And 1170 Hours Watching Television.

Saturday is a school day in Japan and Korea. The West German school year is two months longer than ours.

The need for our children to master the basics has never been more critical. And is the central idea behind TI's tools for learning.

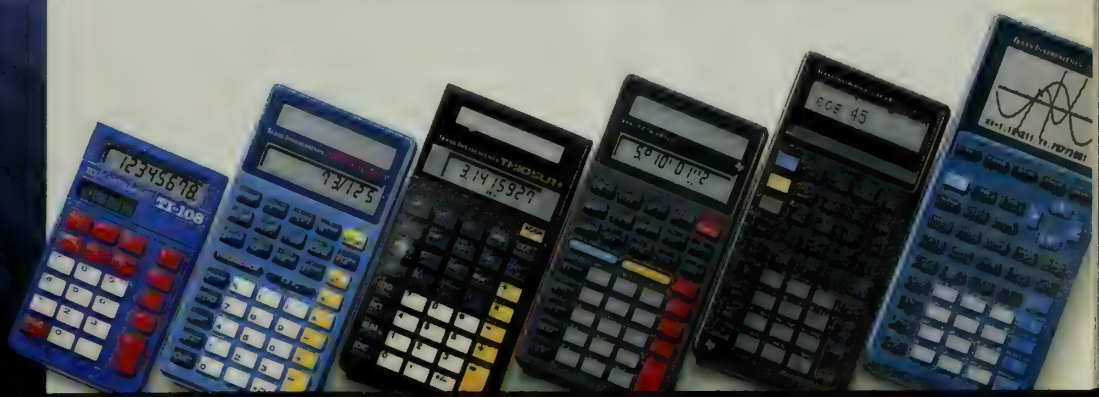
Each tool was developed with America's foremost educators, using proven learning principles.

The TI Math Explorer™ is the first and only calculator designed for teaching the mastery of fractions. In a pilot study where it was given to 8th graders for the school year, specific test results were extraordinary: using calculators, 8th grade girls' problem-solving skills increased to a remarkable 10th grade level. Using our calculators in the classroom is now being explored by school districts in every state in the nation.

In addition, the tools on TI's Learning Path™ provide an engaging way for parents to help their children master the basics at home. Each tool addresses a specific area of learning that can begin as early as infancy.

TOOLS FOR LEARNING FROM
Texas Instruments

BECAUSE OUR NEWEST GENERATION MUST BE OUR SMARTEST GENERATION.





THE CRANBERRY IS A LEMON.

Bite into a lemon. Your eyes will squint. Your mouth will pucker. Lemons are just too tart to really enjoy. Cranberries are, too. So is fresh squeezed cranberry juice. Along with all that naturally concentrated tartness though, the juice of the cranberry is good for you. But it can't benefit you if you can't drink it.



Sixty years ago, the Ocean Spray family of growers began making cranberry drinks that *weren't* too tart to drink. We blended cranberry juice with natural fruit juices and sweeteners. And crystal clear water. Keeping in what's naturally good about the cranberry. We still make all of our cranberry blends the same way. And we make the same commitment to you: We will never compromise the good taste and good health of Ocean Spray juice drinks.

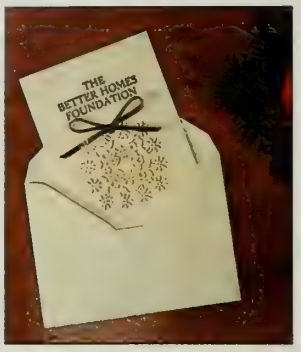


OCEAN SPRAY® CRANBERRY DRINKS

A commitment of good health from our family to yours.

EDITOR'S LETTER

NOVEMBER 1990



DAVID JORDAN

A HOLIDAY GIFT IDEA WITH SPECIAL MEANING

Dear Readers,

So now it starts—the yearly holiday shopping frenzy. It's not only what to buy for all those friends and relatives, but when to squeeze those shopping trips into our busy lives.

Don't get me wrong—I'm not some kind of Scrooge. Far from it. There's nothing I enjoy more than those messy Christmas mornings, knee-deep in wrapping paper, hearing excited oohs and aahs as the family opens gifts in front of the fireplace. Seeing the delight in the faces of those little children more than makes up for the hassle of shopping.

However, every Christmas morning, in the midst of all the family warmth and happiness, my mind inevitably turns to those families who aren't having such a joyous time of it: the families in temporary shelters, those living in unheated abandoned buildings, or those with little children who have never known any other home than the backseat of an old car.

And I think, too, about that first Christmas, when a husband and wife and their newborn son had to seek shelter in a stable. In those quiet moments, sipping coffee and watching my wonderful family, I remember what Jesus told us about loving others—not just our families, but all our neighbors, no matter what their circumstances in life.

Well, enough of that—I'm not trying to lay on a guilt trip. I'd just like to suggest that there's an easy way to cut back on the usual gift-giving excess, especially, perhaps, in those cases where you really don't have a great idea for a meaningful gift. Again this year, we're offering The Better Homes™ Foundation holiday ornament. This is another new, original design by Elizabeth Root, the designer of our quilt-pattern-inspired ornament of last year. This time, Elizabeth has created a touching design in gold of children and hearts.

You can make a gift of $50 or more in someone's name, and we'll send that person the holiday ornament and a greeting card, as shown above. The card will explain that you've made a donation in his or her name. Just fill out the coupon on *page 36* at the end of our article about how your dollars are helping homeless families through the work of The Foundation.

If you'd like one of these beautiful collector's piece ornaments for your own tree, see *How to Order* on *page 195*. The proceeds from the sale of these ornaments will go to The Foundation as well.

Your generosity has already helped. The Better Homes™ Foundation has, so far, funded 50 programs to help homeless families in communities all around the country. In this season of Thanksgiving and Christmas, I hope you'll express that generosity once more by helping the families who don't share in the plenty.

David Jordan

David Jordan, Editor in Chief



After 400 flashes in your camera, how much power is left in this battery?

The answer is at your fingertips.

The Copper Top™ Tester tells you instantly if a battery is good or if it needs to be replaced. So you need never get stuck with a camera that won't work.

If you're not sure how much power a battery has left – just pop it in the tester. It's part of the package. It's absolutely free. And it's only from Duracell.



At Thomasville, we're so insistent on craftsmanship, we even use handmade trees.

The mesmerizing grain pattern on this collection is called burl. It does not occur naturally. Burl is created when European ash trees are constantly and closely hand-pruned for decades. As the tree heals, the beautiful grain occurs.

Every year, we inspect and select the finest grades of this rare wood for Thomasville's Prestige collection. Then the hard work starts.

First, we cure it for months. Then we separate it by color and grain. Next, we meticulously match pieces to create the striking surfaces you see here. After that, we enhance and protect it with a painstaking 24-step finishing process. The end result is what you see. And it's what we're all about here at Thomasville. Beautiful furniture, beautifully mad



To receive *Thomasville's Complete Guide to Fine Furniture Selection*, send a check for $3.00 to: Thomasville Furniture, Dept. Y02B, Thomasville, NC 27360. For the name of your nearest Thomasville Gallery® or Authorized Retailer, call 1-800-225-026 Ask for Dept. Y02B.

Thomasville®

Beautiful furniture, beautifully made.™

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens® Magazine, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $16. Add $12 a year for Canadian or foreign orders.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

1-800-678-2666

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

Better Homes and Gardens®

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY KRISTI FULLER
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Directors
PAUL ZIMMERMAN TIM ALEXANDER
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Interior Designer REBECCA JERDEE
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Editorial Assistants SUSAN McBROOM SANDEE ROBERTS

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Associate SCOTT R. TOLAN

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.; MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego; HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa; BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas; ELAINE MARKOUTSAS, Chicago MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.; MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER, CHRIS OGAARD, DEBRA SANDERS, KAREN EVERETT, MATTHEW PETERSEN, RORI BERSE, MARIA PRUYN, CHARLIE McNIFF
Direct Response; Manager NICHOLAS L. DISTASIO Account Executive PATTI FOLLO
New Jersey: HAMILTON D. WEBSTER Minneapolis: RICK WHEELER Atlanta: Southern Manager JAMES J. SOMMERVILLE
Southeastern Manager KELTON LYONS Chicago: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY Detroit: Mideast Manager RICHARD MONLEY Account Executives: JANET DAVY, CHRISTINE GUENTHER
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL Los Angeles: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Business Manager TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: LEO R. ARMATIS, Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. SELL Corporate Controller and Assistant Secretary LARRY D. HARTSOOK



WITHOUT A MOUNTAIN, OUR LABEL WOULDN'T BE T

In fact, you'd probably miss the mountain more in the aroma than you would on the label. ☐ That's the differen mountain-grown coffee makes. After all, it's the world's richest, most aromatic kind. ☐ Because only at cool mounta altitudes can coffee beans ripen slowly enough to acquire the rich aroma that distinguishes mountain-grown coff

THE BEST PART OF WAKIN'



AME. NEITHER WOULD OUR COFFEE'S AROMA.

from its more ordinary cousins. ☐ And it's precisely that rich mountain-grown aroma and flavor that make Folgers so good at waking people up. ☐ Which is to say, not only wouldn't our aroma be the same without a mountain, neither would a lot of mornings.

S FOLGERS IN YOUR CUP.





"Ruby-throated Hummingbird and Lilies" by wildlife artist Cyndi Nelson

Shown actual size: 6½ inches diameter

©1989 Pickard, Inc.®

An enchanting portrait of nature's tiny winged jewel... a Bradford Exchange recommendation



Amazing. Iridescent. Like a sparkling jewel, the ruby-throated hummingbird in his ruby bib and emerald green cloak visits snow-white lilies in an endless quest for nectar. "Ruby-throated Hummingbird and Lilies," a fine china collector's plate, created from an original work of art by wildlife artist Cyndi Nelson, is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Ruby-throated Hummingbird and Lilies" is an important first issue in the ***Gems of Nature: The Beautiful Hummingbirds*** series, hallmarked by Pickard, Inc.

It's an important work of art by renowned wildlife artist Cyndi Nelson. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Ruby-throated Hummingbird and Lilies" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $280.00* – more than 1,300% of its $21.50 issue price. More recently, if you had acquired "The Pintail," first issue in the Knowles *Jerner's Ducks* series, you would now own a plate valued at nearly four times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Ruby-throated Hummingbird and Lilies" as one of the year's top prospects...and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

To acquire "Ruby-throated Hummingbird and Lilies" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Ruby-throated Hummingbird and Lilies" is now – *before* it has a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations®*, Vol. 17-3.

©1989 BGE PHG-362

A BRADFORD EXCHANGE APPROVED RECOMMENDATION

"Ruby-throated Hummingbird and Lilies"

Please respond by: November 30, 1990

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

lease enter my order for "Ruby-throated Hummingbird nd Lilies." I understand I need send no money now. I will e billed $29.00, plus $3.19 postage and handling, when y plate is shipped. (Limit: one plate per customer.)

Signature

Mr. Mrs. Ms. _____ (_____)
(Circle One) Name (Please Print) Telephone

Address

City State Zip

5171-E81218

DON'T GET BURNED AGAIN.



Introducing Stanley's new Cool Melt™ glue gun. Its unique oval glue sticks have been specially formulated to melt at lower temperatures. Which means you can use your Cool Melt glue gun to bond together dozens of things more safely than ever.

So next time, get your hands on our new Cool Melt glue gun. And don't get burned again.

Available at participating ACE Hardware stores.

Stanley-Parker, Inc., Worcester, MA 01610 © 1990

STANLEY®
helps you do things right.

FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

My father has always been a difficult person to buy gifts for. I finally found the perfect solution. He now receives a whole case of canned fruit that I prepare for him. He loves it. I often do peaches for his birthday and pears for Christmas.

Janice Few
Clackamas, Oreg.

For many years, my mother was hearing impaired. Living alone after my father's death, she found it difficult to awaken on time for appointments, church services, and so on. Typically, she would get up much earlier than necessary, then wait for the proper time to leave. I finally hit upon the idea of putting a timer on her bedside lamp, thus having the bright light act as her alarm clock. On Christmas Eve I attached the timer and set it. On Christmas morning my mother called to say, "It works! It works!" At last, she gets a full night's sleep.

Betty Knapp
Dunbar, Pa.

I would like some suggestions on a common problem. Frequently, when my husband and I go to movies, or any entertainment with a large audience, there are rude individuals nearby who talk during the show. We've tried turning around and looking at them, politely asking them to quiet down, and even moving. Does anyone have a good way of handling this?

N. Fox
Salem, Ind.

On visits to relatives, our 2-year-old daughter always appeared shy and uncomfortable. I found this solution. One week before a trip, I'd tape pictures to our refrigerator of the people we'd see. Then, when we passed by the pictures, we would stop and go through names and pieces of information that seemed appropriate.

Doris Ronrath
Odessa, Wash.

We have an agreement with our two too-young-to-drive teens that has been successful in helping them deal with peer pressure and drugs. If they are at a party or other event and become uncomfortable because of drug usage or for any other reason, they call us at home and we come and pick them up with absolutely no questions asked. It works.

Suzanne Mosier
Poway, Calif.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.



When's the last time you were this comfortable?

Introducing a chaise rocker recliner designed with head-to-toe support.

If it sounds too good to be true, have a seat. We've filled the space between the seat and the ottoman with cushioned support, making for a noticeably more comfortable recliner experience.

And like all our recliners our new chaise comes in a variety of colors and styles, and is backed by a limited lifetime warranty.

For a free brochure highlighting the advantages of our new recliner, and a list of dealers near you, write Action Industries, Inc., Dept. L110, Box 1627, Tupelo, MS 38802. Or call 1-800-447-4700.

And find out how easy it is to drift off in our new recliner.



STYLED WITH DUPONT ACRON® XL For Extra Lustre

See details of limited warranty at your Lane dealer.

Action FURNITURE BY Lane®

make yourself comfortable

Dollars.



SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

INTRO

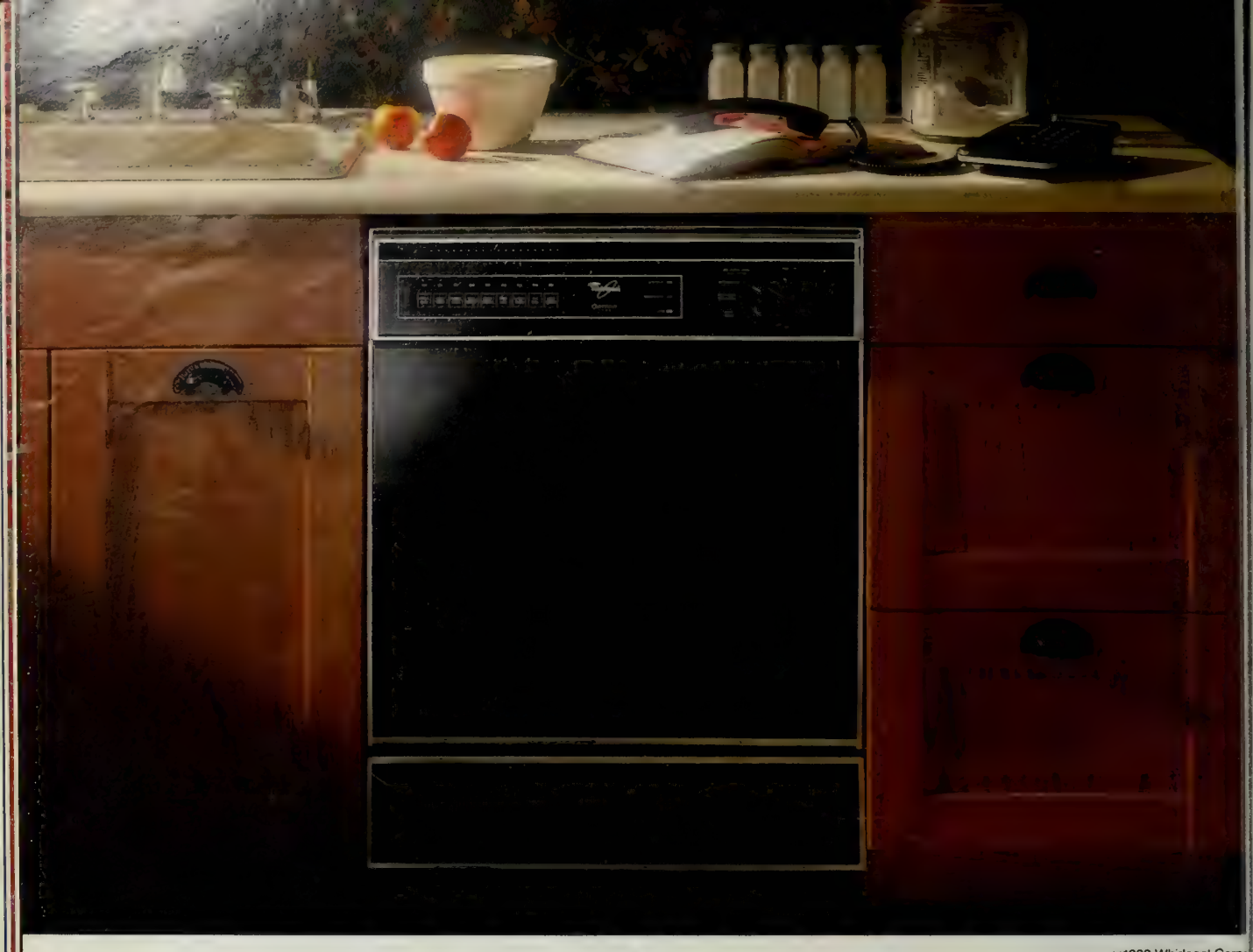
Sense.



MENTHOL LIGHTS 100's: 9 mg. "tar", 0.7 mg. nicotine, LIGHTS 100's: 10 mg. "tar", 0.8 mg. nicotine, 'tar", 1.1 mg. nicotine, MENTHOL 100's: 17 mg. "tar", 1.2 mg. nicotine, av. per cigarette by FTC method.

Also available in MENTHOL and MENTHOL LIGHTS

UCING STERLING



©1990 Whirlpool Corp.

Why wait for a dishwasher so quiet it's guaranteed? Only Whirlpool has it today.

The day may come when all dishwashers will let you enjoy a chat on the kitchen phone. But this Whirlpool® dishwasher will let you do it today.

In fact, our Quiet Wash™ dishwasher is so quiet, we guarantee it. You'll be delighted with how quietly your Quiet Wash dishwasher runs, or we'll give you your money back.* That's how quiet it is. And how confident we are.

But this dishwasher also has a Power Clean™ system that gets dishes really clean. A Pots and Pans cycle that handles the tough stuff. A China/Crystal cycle that almost hand-washes delicate items. And a process that cleans the water, so it can really clean dishes.

And since we believe a dishwasher should be seen and not heard, our black-glass model is the latest in styling.

Whirlpool dishwashers, like every appliance we make, are built to work hard and last a long time. For more information on Quiet Wash dishwashers, or any of our appliance just call 800-253-1301, toll-free, 24 hours a day.

So why wait for a dishwasher that gets dishes so clean, so quietly? Whirlpool has it today.

Whirlpool Home Appliances

Quality you can count on...today.

*Within [illegible] days. Finance and installation charges not included.

[illegible] Whirlpool. TM Trademark of Whirlpool Corp.

BY JANE AUSTIN McKEON



PHOTOGRAPHS: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

EASY-GROWING

ORCHIDS

Stuck on the notion that orchids are hard to grow? Nonsense! No longer the greenhouse prima donnas they once were, today's easy-to-please hybrids adapt beautifully to life indoors. Our favorite orchids flaunt exotic flowers that last for several weeks. Look for the growing array of orchids at your local greenhouse, or turn to page 76 for a mail-order source. Then, go ahead, pot up some paradise!

ORCHIDS

You'll get hooked on orchids once you start your own collection. Choose from the amazing array of good-natured types, including cattleya, laelia, dendrobium, phalaenopsis, and paphiopedilum. Grouping several on a bright windowsill will help raise humidity around plants if air is dry in your house.





ORCHIDS

One showy orchid is all you need to create a tabletop conversation piece. The jumbo blooms of this cattleya (Pot. Lemon Tree 'Yellow Magic' HCC/AOS) are a feast for the eyes. Once an orchid is flowering, place it anywhere in a room where you'll enjoy it most.





PHALAENOPSIS

The arching sprays of phalaenopsis hybrid Prairie Du Suc (or moth orchid) look like flocks of delicate winged creatures in flight.



LAELIA

Flowering at the tips of long stems, the magenta blooms of *Laelia anceps* perform for up to two months without primping or pampering.



CATTLEYA

Cattleyas, such as the orange-red SLC Jewel Box 'Dark Waters' AM/AOS, are prized for their large, flamboyant flowers.



LADY'S SLIPPER

A distinctive, slipperlike pouch sets apart the lovely lady's slipper orchid (*Paphiopedilum* hybrid) from other types.



ORCHIDS

Soft morning sunlight streaming through an east window emblazes the fiery-red flowers of an ascda Peggy 'Foo' orchid. Hanging the slatted teak basket not only heightens the beauty, but also lets air circulate more freely around the plant.

HOW TO REPOT AN ORCHID



1. Repot an orchid when its roots get too crowded and grow over the edges of the pot. Select a new pot that's slightly larger than the old one. (Orchids like close quarters.) A clay pot will



2. Remove and discard old potting mix from roots. Clip off dead roots and trim back healthy roots by one-third. Use shredded fir bark (sold at garden centers) for repotting. Mix in pieces of plastic foam to enhance drainage.



3. Line the bottom of the pot with pebbles. Add a layer of fir bark, then hold the orchid so the rhizome (the thick horizontal stem) is ½ inch below the rim of the pot. To allow for new lateral growth, position the oldest end of the rhizome at one edge.



4. Fill in around the roots with more fir bark. Do not cover the rhizome. To provide support until new root growth anchors the plant, insert a bamboo stake into the pot and tie it to the orchid with a piece of string.

JIMMY

BY ELKE HUTCHENS

Playing with his brand new toy train, he's as happy as a little boy can be!



Doll shown smaller than actual seated height of approximately 10", including the engineer's hat.



WITH THIS NEW KITCHENAID, YOU CAN LOOK FORWARD TO A LONG, COLD BEAUTIFUL RELATIONSHIP.

YOU COULD EASILY CHOOSE THIS NEW KITCHENAID® REFRIGERATOR ON APPEARANCE ALONE. AFTER ALL, ITS SLEEK MONOCHROMATIC DESIGN IN ALL-WHITE OR ALMOND WITH SUBTLE GREY ACCENTS MAKES A STRIKING ADDITION TO YOUR KITCHEN. BUT YOU'LL ALSO ENJOY LOOKING FORWARD TO OWNING IT FOR A NUMBER OF OTHER BEAUTIFUL REASONS.

BECAUSE LIKE ALL OTHER KITCHENAID APPLIANCES, OUR NEW REFRIGERATOR IS BUILT TO LAST. AND PERFORM BEAUTIFULLY FROM TOP TO BOTTOM. YOU CAN FEEL THE KITCHENAID DURABILITY IN EVERY TRAY, BIN AND SHELF. WITH OUR EXCLUSIVE ROLLERTRAC™ SYSTEM, BINS GLIDE EVER SO SMOOTHLY. OUR EASILY ADJUSTABLE DOOR BINS ACCOMMODATE EVEN GALLON-SIZE BEVERAGES. OUR THROUGH-THE-DOOR ICE AND WATER DISPENSER IS AT YOUR FINGERTIPS.

OF COURSE, THESE ARE ONLY A FEW OF THE FEATURES YOU'LL LOOK FORWARD TO. MOST IMPORTANT OF ALL, YOU'LL KNOW YOU HAVE MORE THAN A REFRIGERATOR. YOU'LL HAVE A RELATIONSHIP YOU CAN DEPEND ON THROUGH THE YEARS.

FOR KITCHENAID LITERATURE, INFORMATION ABOUT OUR STRONGER-THAN-EVER WARRANTY AND THE NAME OF THE DEALER NEAREST YOU, CALL US TOLL-FREE AT 1-800-422-1230.

KitchenAid®
FOR THE WAY IT'S MADE.™

HELPING HOMELESS FAMILIES

YOUR CONTRIBUTIONS AT WORK



Regular play-therapy sessions are critical to the Step Ahead counseling program. "Many of these parents never had a chance to play as children," says therapist Judy Kelleher. "These groups help them communicate better with their kids and with us."

HOW FOUNDATION GRANTS ARE HELPING THIS PROGRAM SUCCEED

New York State's Westchester County is one of the wealthiest in the nation. It also has the largest proportion of homeless families in the country, according to Judy Shepard, director of the Association for Improvement in Mohegan (AIM). Fifty-three of those families currently live at the Lakeview Cottages, a motel turned into a shelter for homeless families in rural Mohegan Lake.

Last year, AIM and the Center for Preventive Psychiatry, of White Plains, New York, received two joint grants from The Better Homes™ Foundation to help support their innovative program, Step Ahead.

The program's purpose: To provide the counseling, training, housing search assistance, and other services necessary to help these homeless families become self-sufficient and move back into the community.

That is also the fundamental goal of The Better Homes™ Foundation, a nonprofit organization founded by the editors of *Better Homes and Gardens*® magazine in 1988 to help homeless families across the nation. Already, the foundation has made direct grants to 50 programs that work with homeless families in 23 states. Funding comes from readers of the magazine, businesses, foundations, and other groups.

One paycheck away. Most of the families at Lakeview are local, according to AIM's Shepard. "Some became homeless as wealthier people moved into the area and housing costs skyrocketed," she says. "The government also stopped building low-income housing. Some families lost their jobs as the economy tightened. Some were escaping abusive marriages. Some just grew up poor, often in foster homes, and never got the nurturing that human beings need to survive."

Sara J. (*below*) lived in 10 different foster homes and often was beaten by foster parents. Still, she graduated from high school with good grades. She attended nursing school for a while, then worked as a nursing aide for 12 years. Joshua was born soon after Sara's nursing client died, and suddenly she had no income to pay the rent. She was evicted, and ended up at Lakeview.

"Sara was deeply depressed when she arrived," says Ellen Most, the director of Step Ahead, who was hired as a result of the grant from The Better Homes™ Foundation, "and Joshua was a very aggressive, anxious little boy. Homelessness makes you feel so helpless and angry."

Today, with the help of counseling and other Step Ahead services, Sara looks forward to continuing nursing school and moving into permanent housing. Joshua,

continued on page 36



Deeply depressed by homelessness a year ago, Sara J. now plans to return to nursing school, and Joshua, 4, has become an avid reader—thanks to Step Ahead.

BY MARGARET DALY; PHOTOGRAPHS BY GEORGE CEOLLA

HOMELESS FAMILIES

continued from page 35

now an outgoing, friendly child, has become a regular visitor to the reading room and library created by Step Ahead. "I read to him all the time," says Sara. "She is so committed to being a good parent," says Ellen Most. "It's a wonder, considering she had no decent parenting herself."

Accomplishments. Step Ahead focuses on the needs of young children, making appropriate connections with local schools, health-care facilities, and community resources.

Ellen's first act was to sign up all eligible kids with Head Start, on the spot. Today, there is good communication with the schools, a health van visits regularly, and most parents who need special counseling now receive it. Mothers are encouraged to take parenting classes, study for high-school-equivalency exams, and get job training.





Mothers share favorite recipes and kids enjoy the results during monthly nutrition workshops at Lakeview shelter in rural New York State. Grants from The Better Homes™ Foundation support a program designed to help homeless families become self-sufficient.

In a large, new community room, families gather for such activities as nutrition workshops run by the Cornell Cooperative Extension Service (*above*). Regular therapeutic play groups also teach parents better communication with their kids and build rapport with therapists (*page 35, top*).

"Step Ahead creates a positive atmosphere, unlike that at most motel shelters," says Sheldon Sachs, director of The Center for Preventive Psychiatry. "We're preparing these families to live successfully in the community," adds AIM's Shepard. "One big problem now is to find housing and to be able to follow up once the families move." A recent grant from IBM will help, she says. "But we couldn't have gotten that without The Better Homes™ Foundation boost first."

How you can help. Use the following coupon, and make the holidays special by ordering the ornament, *below.*

The Better Homes FOUNDATION
HELP FOR HOMELESS FAMILIES

☐ **Yes,** I want to help families overcome the crushing burden of homelessness. Enclosed is my gift to The Better Homes™ Foundation for:
☐ $15 ☐ $25 ☐ $50 ☐ $75 ☐ $100 $ _____ Other

☐ **Make** my donation of $50 or more in the name of the person below, and send the special holiday ornament and card to that address:

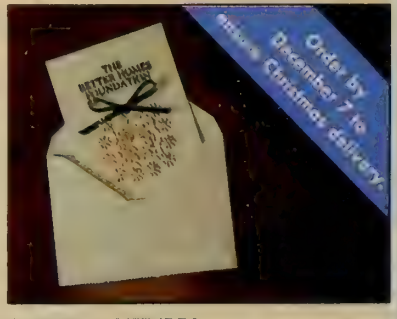
NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____
(Use extra sheet for additional names.)

Please make your check payable to The Better Homes™ Foundation and mail it to:

The Better Homes™ Foundation
P.O. BOX 9236
Des Moines, IA
50306-9236

☐ For my donation of $50 or more, send the ornament to my address:
NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____
Your donations are tax-deductible.

Order the ornament by calling our toll-free line: **1-800/962-4676.** Or, check the appropriate box:
☐ Enclosed is my check ☐ Please charge my donation to: ☐ Visa ☐ Mastercard
Credit Card Number _____ Expiration Date (month/year) _____ NV0



A SPECIAL GIFT IDEA

Make a donation of $50 or more to The Better Homes™ Foundation, and we'll send this 1990 collector's ornament to you or as a gift in your name (see coupon, *left*). The gold-plated brass ornament, second in a series, was designed especially for us by Hawaiian-born artist Elizabeth Root. To order the ornament alone ($15), see *page 195;* all proceeds go to help homeless families.

Kraft General Foods, Inc.



If you're having a tough time with pork chops...



Maybe you need a new recipe.

SHAKE'N BAKE®
NO MSG.
NATURALLY SEASONED.
WHY FRY?™

25¢ OFF ON ANY SIZE/FLAVOR OF SHAKE 'N BAKE® SEASONING AND COATING MIX WITH SHAKER BAG.

TO THE RETAILER: This coupon good only on purchase of product indicated. Any other use constitutes fraud. **COUPON NOT TRANSFERABLE. LIMIT—ONE COUPON PER PURCHASE. To the retailer:** KGF will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with KGF Redemption Policy C-1, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by KGF. Cash value 1/20¢. Mail to: Kraft General Foods, P.O. Box 103, Kankakee, IL 60902.

BH0KW8P0K 34

5 43000 42225 5

KRAFT GENERAL FOODS, INC.

MANUFACTURER'S COUPON

OFFER EXPIRES 4/30/91



 BY MICHAEL P. SCOTT

COLLEGE COSTS
What I learned too late about planning and paying



ANDY LYONS

I'd *plan* for Harvard and be pleasantly surprised by anything that cost less.

My only son left home for college this fall. Although I'm excited about what lies ahead for him and a bit sad that he won't be a part of my daily life anymore, mostly all I can think about is what it's going to be like being *really* broke for the next four years.

I'm also kicking myself for not planning better.

My reaction embarrasses me because there is nothing in this world—save, perhaps, love and peace—that I value more highly than an excellent education.

You'd think that someone who has written about education could have anticipated the rising costs of college in the '90s. I did. I did. I also made some assumptions that were flat-out wrong.

Ever since Matt was born Sharon and I have wanted nothing but the best for him. We hoped he'd grow up healthy and wise, and accomplish great things. Early on we "sort of" talked about saving money for a college fund so Matt wouldn't *have* to work his way through school the way we did. But that's about the only time we talked about college costs—until lately.

Instead of *talking* or *planning* or *thinking* about the cost of college—something that was, after all, 18 years in the future—Sharon and I simply acted instinctively.

I wouldn't try to pass us off as "superparents," but we encouraged Matt to study hard and stressed the importance of good grades as a requisite for being accepted by a good college. Sharon was active in parent organizations and we saw to it that Matt had some extracurricular advantages—music and tennis lessons, summer camps, access to a computer, exposure to art and sports, even a semester in Spain as an exchange student.

We also wanted Matt to learn the relationship between work and money; so, he baby-sat, mowed lawns, and, later on, held several part-time jobs. For our part, we worked hard, lived within our means, and saved. We believed that by doing so, our son could have the best possible education without having to pay for it himself.

That was just *one* of those bad assumptions we made. For instance, because we're both graduates of the University of Iowa, we just assumed—don't ask me why—that Matt would want to go there, too.

Sure, I read the stories about the skyrocketing costs of a college education, but blithely assumed our savings would be sufficient—for a state institution. I listened to other parents bemoan the lack of financial assistance, but assumed we wouldn't have to worry because we were saving regularly. I paid my state income taxes willingly, assuming that ultimately I would benefit from the lower tuition rates that tax-funded universities can provide.

But my son, who has turned out to be quite an independent thinker, made no such assumptions. He made up his own mind and chose an excellent private college, persuasively arguing that its much smaller enrollment and more personal attention would suit him better than a large university.

After reading college catalogs and making a couple of trips to prospective campuses, it sank in: we had seriously undersaved. My complacent, if not downright smug, assumption that paying for the cost of Matt's college education wouldn't be a problem was shattered by cold hard reality. The school he chose costs about three times as much as a state institution. Even after 17 years of putting money aside, we had saved only about half of what we'll need.

I've had friends say, "Well, just tell your son that it's time to learn one of life's most important lessons: You don't always get what you want." Another friend said, "Just tell him the truth: You can afford to pay his way at the university, but if he wants something more expensive, he'll have to make up the difference."

Believe me, I was tempted to follow their advice. But because we had never even hinted that Matt would be personally responsible for anything more than incidental

continued on page 41

When your potassium comes with dairy calcium, you don't need a bunch.



An 8-ounce glass of milk has about as much potassium as the average banana. And an 8-ounce cup of yogurt has even more. Dairy foods can be an excellent source of potassium. And many other essential nutrients as well. Including, of course, calcium.

Milk and yogurt, like all dairy foods, also come in a variety of lower fat alternatives. So build your family's diet on a firm foundation of dairy foods.

It's the perfect way to avoid nutritional slip-ups.

REAL®

Dairy Foods. The Basics of Good Nutrition.

© 1990 N.D.B.
National Dairy Board
America's Dairy Farmers

Fisher-Price Trikes and Wagons. Built for the endurance race called childhood.

When it comes to toys that can take it, Fisher-Price® has a proven track record.

Just look at our sturdy trike. Its bright colors and sleek styling are sure to attract little racers. Yet it's built so tough, we back it with a 3-year limited warranty.





Or choose a new Super Wagon. It has features parents will really appreciate. Like a high back to support precious cargo and removable side rails.

It's also built to hold the road—with a unique tip-resistant steering mechanism that keeps the wheels under the four corners at all times, even on turns.

Fisher-Price trikes and wagons. They're made to go the distance.

© 1990 Fisher-Price, Inc., East Aurora, New York 14052 Also available in Canada.

continued from page 38

expenses, I just didn't think it was fair to change the rules during his last semester in high school.

I'll accept the blame for my financial predicament. After the sticker shock wears off, I'll put things in their proper perspective.

First, Matt's going to get a good education and, second, we'll survive. There are, after all, student loans, second mortgages, and the hope of academic scholarships.

But let me tell you that if I could turn back the clock about 18 years, I'd do—and say—things a lot differently than I did before.

I wouldn't assume anything, except that college is certain to cost more than you can possibly imagine! I'd plan for Harvard and be pleasantly surprised by anything that cost less. I'd work hard—really hard—at having regular family discussions about the costs of education, the relative academic merits of private versus public institutions, and who would be responsible for paying what.

I'd say something like this: "Son, your mother and I want you to have the very best education possible. But college is expensive. It looks as if we'll be able to save enough to send you to one of our state's fine universities. And if that's where you decide to go, you can be assured that we'll pick up virtually all of the tab for your education.

Early on, we "sort of" talked about saving money for a college fund.

"If, however, you decide that you want to go to a college that costs more, you should know that you'll be responsible for making up a substantial part of the difference between the amount of money that we have saved and what the college that you choose will cost."

I'd make sure I had that conversation the morning he started off for kindergarten and I'd repeat it again and again all the way through high school. When he was old enough to baby-sit, or mow lawns, or hold down a summer job, we would have a serious talk about his saving habits.

I'd make sure Matt and I knew the limits of our ability to pay for a quality education while encouraging him to seek the best education possible.

As it stands now, I was being only half facetious when I sent my son off to four of the best years of his life with a handshake, hug, love, best wishes, and one final bit of advice: "Enjoy your inheritance while you can, son. Study hard, do well, and don't *assume* there'll be anything left over to pay for my bed in the nursing home!"

—Michael P. Scott is a former health and education writer for Better Homes and Gardens®. *He insists that he will pay more attention to his own advice in the future.*

INVITE THE OUTSIDE IN.



Every room has a view. And with Marvin windows, you can take full advantage of it. Because our windows are all made to order, which gives you a virtually unlimited choice of shapes, styles and sizes. Everything from bows, bays and picture windows to geometric shapes, even curved glass and Corner Windows.™ Our colorful Idea Book shows you all the exciting ways Marvin windows can add beauty and light to your home. For your free copy, return the coupon below or call toll-free **1-800-346-5128** (In MN, 1-800-552-1167; In Canada, 1-800-263-6161).

Send to: Marvin Windows, Warroad, MN 56763

Name_____ BHG-0002-11

Address_____

City_____ State_____ Zip_____

Phone (_____)_____

I plan to: ____ Build ____ Remodel ____ Replace

MARVIN WINDOWS ARE MADE TO ORDER.

RAISING AN INDEPENDENT CHILD


ANDY LYONS

Fostering a child's independence should start early on.

Parents often get bogged down in the day-to-day challenges of parenting, easily forgetting their most important long-term goal: preparing their children to exit the nest. Here's how you can encourage that independence at every stage of your child's life.

The purpose of raising a child, simply stated, is to help that child get out of your life and into a successful life of his or her own. If that sounds a bit cold, it's only because we tend to think sentimentally, rather than practically, about the raising of children. It has nothing to do with rushing the child out of the family as quickly as possible. It simply means that it's the job of parents to slowly but surely help the child stand alone in every way—socially, emotionally, and financially. This is, after all, every child's mission.

MAJOR DEVELOPMENTAL STAGES

At any stage of your child's development, your objectives as a parent can be defined by asking, "What can I do now to help my child take another step toward a life of his or her own?" For an answer, here's a look at the major stages of a child's development.

During infancy, parents need to build a solid foundation of trust and security in the parent-child relationship. Strangely, then, parents promote independence by first meeting the infant's dependency needs. This bond is sealed through closeness and affection. Holding, rocking, smiling, nuzzling; they all say, "You can count on us. If you need us, we'll be here."

Toddlerhood occurs after trust is established. Two features dominate this stage: First, the toddler's need to explore and experiment; second, the emergence of self-help skills. Both signal the start of self-sufficiency.

Parents should use patient, nonpunitive methods of toilet training, the most important of all self-help hurdles. The more positive this experience, the more confident the child will be when meeting other challenges.

During the preschool years (ages 3, 4, and 5), the child's primary task is that of learning to give and take with other children. It's important that the child be exposed to both guided and unstructured social play. If there are no other young children available in the neighborhood, now's the time to enroll the child in a nonacademic preschool program where social skills can begin to be honed.

That brings us to middle childhood (ages 6 through 10), characterized by the need to develop achievement motivation. By discovering and developing interests and aptitudes, the child acquires a sense of individuality and self-confidence. In addition, the child learns to set goals, a prerequisite to achievement. Parents can promote this growth by helping the child find hobbies and other chances for accomplishment.

Then, there are the dreaded preteen and early adolescent years, when youngsters are trying to separate from parents and find a comfortable niche within the peer group. Parenting the young teen demands tolerance, patience, and a willingness to let the child make a certain number of mistakes. The trick is to guide without interfering. This involves teaching that freedom and responsibility go hand in hand. The youngster's curfew, for instance, might depend on grades or chores around the house.

Finally, we arrive at adolescence itself. As life becomes more complex, the teen needs guidance in decision-making and matters of the opposite sex. A part-time job is one way for the teen to gain experiences that will smooth the transition to adulthood.

It all adds up to a loving, self-confident, achievement-oriented young person with a strong sense of individuality and self-esteem. This former child is now ready to take that all-important step into a success-filled life of his or her own. That is, after all, what you've been working for these last 18 years or so, isn't it?



—Family psychologist John Rosemond's new book, Ending the Homework Hassle *(Andrews/McMeel), is now available in bookstores.*


"I'm throwing a party."
unfetti™ Cake
Frosting
ith a
acket of
olorful
prinkles.
lake
appy
irthdays
ven
appier.
Pillsbury
Pillsbury Plus
Funfetti
Funfetti
Funfetti
© 1990 The Pillsbury Company

HOME STYLE

Best Bets for Better Homes®

BY JILANN SEVERSON



STEEP CURVES

Bodum melds fashion with function in a sleek-lined teapot made of laboratory glass. A built-in infuser perfectly steeps the tea and eliminates messy balls and bags. Gloria Jean's pampers the tea-loving set with such gourmet treats as Raspberry, Amaretto, and Orange Spice teas. Suggested retail: teapot, $59; teas, $2.95 for 25 bags.

"Bistro" teapot, Bodum Inc., 2920 Wolff St., Racine, WI 53403; 800/23-BODUM. Raspberry, Amaretto, Orange Spice, and other teas available at Gloria Jean's stores nationwide or call 800/677-7005.



MAKES SCENTS

Warm the whole house with a delicious citrus fragrance. Claire Burke's complete line of potpourri, light rings, room spray, simmering crystals, and decorative candles spreads the same welcoming scent to every room. Suggested retail: $4–$10.

"Pomelo" by Claire Burke, FMG, 104 Peavey Rd., Chaska, MN 55318; 612/448-4181.

WARM THOUGHTS

When visions of snowdrifts send a shiver through the house, kill that chill with this avalanche of winter warmers. They're hot stuff!



PHOTOS: PERRY STRUSE

SHAG RAG RUG

The coolest rooms heat up with the snuggle-down softness of a fluffy pastel rug. Made from wool strips and scraps for long wear and easy care, it begs you to cozy up. Suggested retail: $675 for 4×6-foot rug.

"Hobohemia," Creative Looms, 414 Main St., Metuchen, NJ 08840; 201/548-0701.



STOKE IT UP

The sleek lines and graceful curves of this all-black fireplace tool set and screen lend a work-of-art look to basic winter accessories. Suggested retail: $150 (tools), $220 (screen).

Trade Associates Group, 1730 W. Wrightwood, Chicago, IL 60614; 312/871-1300.


You need a better way.


You got it.
BLACK&DECKER

The PowerPro® Vac. The easiest way to clean above, below, behind, and all around.





ture brush makes
ng delicate items
h.



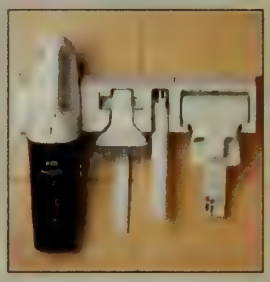
Crevice tool gets to hard-to-reach places.



Revolving power brush attachment is perfect for carpeted stairs and upholstery.



Ceiling wand extension takes the stretch out of cleaning dust and cobwebs.



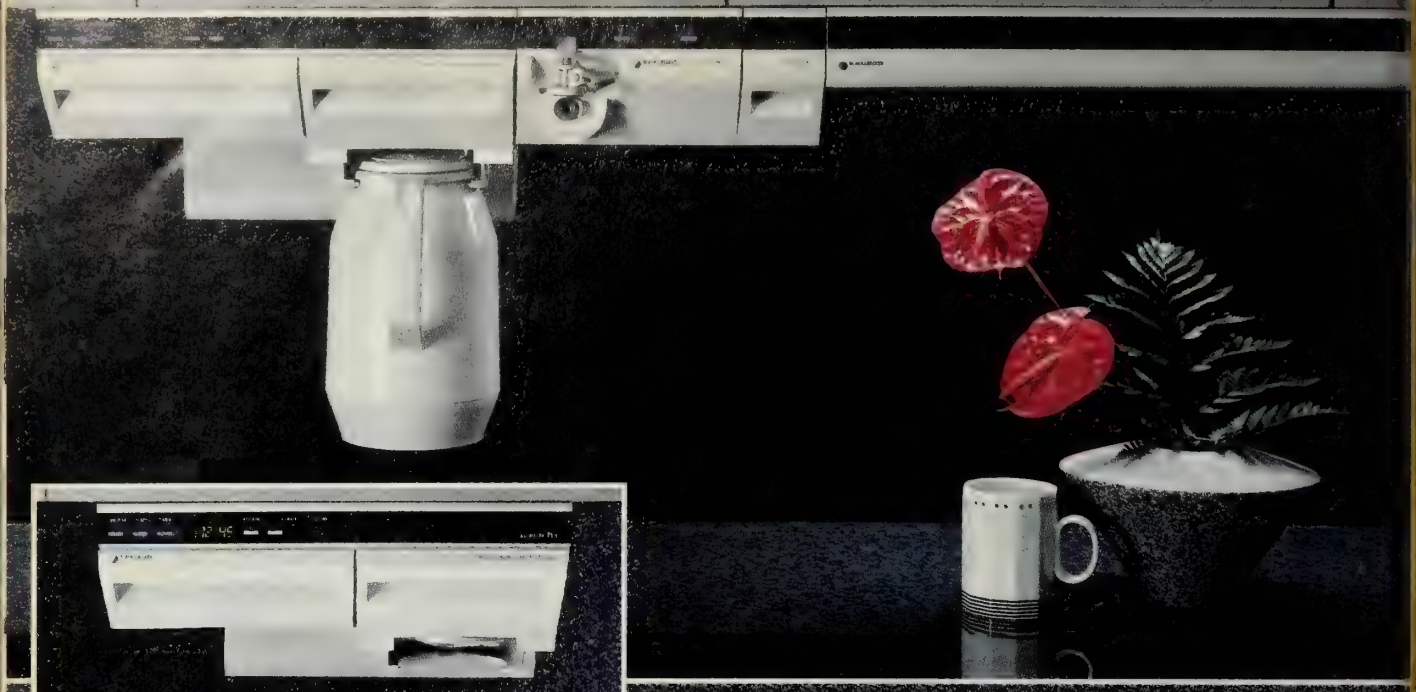
The right attachment is always ready for use.*

When your big vac makes the job harder than it should be, reach for the PowerPro® Dustbuster Plus® Cordless Vac. It's handy, it's powerful, and its choice of attachments means dirt has nowhere to hide.

To locate stores that carry Black & Decker products, call us at 1-800-552-0553.

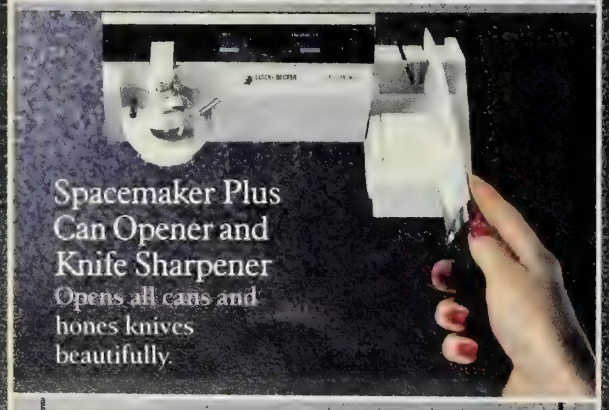


BLACK& DECKER®

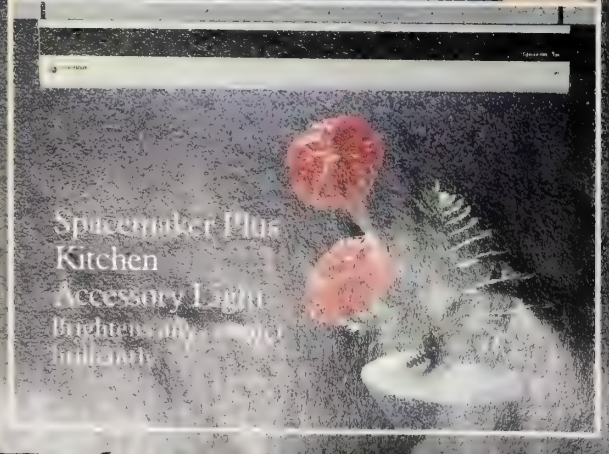




Spacemaker Plus
Thermal Carafe
Coffeemaker
Keeps coffee hot and
fresh-tasting for
hours.



Spacemaker Plus
Can Opener and
Knife Sharpener
Opens all cans and
hones knives
beautifully.



Spacemaker Plus
Kitchen
Accessory Light
Brightens any
kitchen
brilliantly.

The Kitchen Of Tomorro
Available Today.

The Spacemaker Plus* line of products raises your standards of performance in the kitchen. It puts contemporary appliances within easy reac while keeping your countertop clutter-free. Spacemaker Plus products mount under your cabinet with a sleek design that enhances the lo of your kitchen. Black & Decker's state-of-the-a technology gives you a host of advanced feature such as the Thermal Carafe Drip Coffeemaker's unique brew-through system so you can have piping-hot, fresh-tasting coffee for hours. Any w you look at it, Spacemaker Plus appliances function at a higher level. To locate stores that carry Black & Decker products, call us at 1-800-552-0553.

BLACK&DECKER®

HOME STYLE



PERKY TREATS

A cheery 4-inch-high mini stovetop espresso maker brews up two perfect cups of the dark, strong drink with robotlike perfection. While the coffee is perking, the heat gently warms the two demitasse cups. Suggested retail: $29.95.

Welbilt Appliance, Inc., 3333 New Hyde Park Rd., New Hyde Park, NY 11042; 516/365-5040 ext. 322.



VICTORIAN FLOWERS

Petit-point roses bloom on the needlepoint background of a delicately detailed pillow. Satin cording and a velvet back add to the elegance. Suggested retail: $192 for 16-inch-square pillow.

"Victorian Floral" from the Katha Diddèl Home Collection for Twin Panda, 420 Madison Ave., Suite 806, New York, NY 10017; 800/289-8946.

A PRESSING MATTER

Coffee connoisseurs across the country are discovering the luxury of the French press, or infusion, coffee maker. Finely ground coffee is scooped into the glass cylinder, followed by boiling water that steeps the grounds. After four minutes, the fine mesh plunger is pushed down to force the grounds to the bottom of the pot, unleashing a clear, rich flavor. Suggested retail: $48.

"Melior" coffeepot, Williams-Sonoma, P.O. Box 7456, San Francisco, CA; 415/421-4242.





RAMBLIN' ROSES

Give winter the cold shoulder with a warm and washable cotton throw. Pink roses bloom on both the gray and ivory sides. Suggested retail: $35.

"Mary Ann" cotton throw available at most JCPenney stores or call 800/222-6161.



Why are the sauces so delicious?

The side dishes so special?

Why is every dinner so wonderfully unique?

You're why.



Tyson

PREMIUM DINNERS
Feeding you like family

INSIDE

In this month's special section, you'll find ideas for keeping yourself and your family fit and healthy.

51
Measles Menace
Once a childhood scourge, measles is now attacking adults and children alike.

52
Beating Holiday Overeating
Enjoying yourself without the worry.

54
Fitness Matters
Ideas and inspiration from the world of workouts.

58
The Drugstore Revolution
Your guide to a host of effective new additions to your pharmacy shelves.

64
The Eyes Have It
The latest from the world of vision.

68
Health Update
Medical news you can use.

72
Infant Exercise
Does your baby need special workout classes?

MEASLES MENACE



Measles is back, striking college kids as well as preschoolers.

Seventeen-year-old Jon Uecker was given his MMR (measles, mumps, and rubella) shot way back when he was 13 months old. A few months ago, he came down with the measles.

Jon illustrates a frightening fact: Measles is back, threatening people of all ages. In 1989 alone, 17,850 cases were reported. Fortunately, you can take steps to protect your family—and yourself.

Why now? Officials give two reasons for the resurgence of a disease that was once all but vanquished in the U.S. First, there are large numbers of unvaccinated preschool-age children in some areas. Younger parents, who never lived through an epidemic, don't realize how severe this illness is.

Second, the measles vaccine doesn't take under some conditions. Vaccinations given before age 15 months are often rendered ineffective by the infant's immune system. And, on occasion, the vaccine simply doesn't work, regardless of the child's age.

A dangerous disease. Measles struck 4 million in 1963, then dropped to 1,497 cases in 1983 before rising to 17,850 in 1989. Though common before the vaccine, measles is also potentially deadly. The Centers for Disease Control (CDC) estimates that approximately one in 1,000 cases results in death. (There were 45 deaths in 1989; 1990 will see a similar rate.)

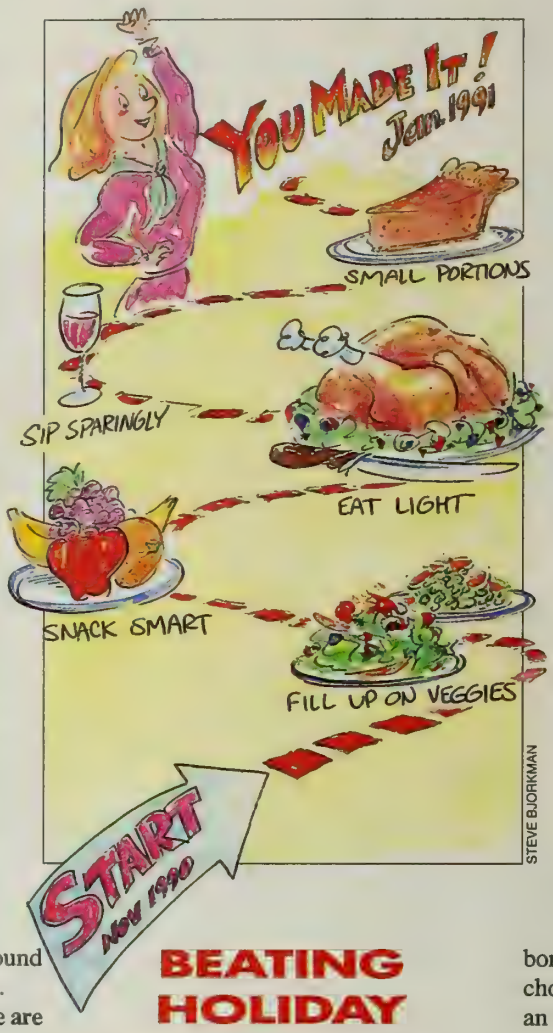
The most serious complications affect the lungs and the nervous system. Infants and adults face a greater risk than children and adolescents.

Other serious complications include middle-ear infections and pneumonia. Encephalitis, an inflammation of the brain, occurs in approximately one of every 1,000 cases. Survivors of this complication often have permanent brain damage and mental retardation. Measles can also cause pregnant women to miscarry or give birth prematurely.

Recommendations. In light of these findings, the CDC now recommends a routine two-dose MMR vaccination schedule for anyone born after 1956 (the combined vaccine is preferred, to assure immunity to all three viruses).

- **Children should receive their first dose at age 15 months.** This should be the usual MMR shot.
- **All children should receive a booster shot before entering kindergarten.** There is some disagreement among doctors over the timing of the booster shot. The American Academy of Pediatrics recommends waiting until the child is 10–12 years old. Most states, however, require a booster shortly before starting kindergarten, notes Bernard Moriniere, M.D., of the Division of Immunization at the CDC. "You should consult your local or state health department," advises Dr. Moriniere, "to see if a second dose is being recommended in your area for outbreak control." Edgar Marcuse, M.D., of the American Academy of Pediatrics, says that once a person receives two doses of vaccine, the protection rate is more than 98 percent.
- **Older children and adults** who were never immunized or who missed getting a booster can be reimmunized at any time. Vaccinations are especially important for health-care workers and people who work with infants.

—By Mary Abella



BEATING HOLIDAY OVEREATING

Holiday time. Pools of gravy around mashed potatoes and mounds of whipped cream on pumpkin pie. It's enough to make even the most determined among us toss out good-eating resolutions with the calorie chart.

Relax—a little indulgence shouldn't upset your diet strategy. Occasional treats can be part of smart holiday eating, and smart eating means you won't gain pounds during this food-filled season. Solve some common holiday-eating problems with answers that let you enjoy the food without gaining weight.

1. I can't wait for holiday parties, but can I indulge in the goodies, without adding extra pounds?

Now's the time to adopt the holiday party motto: Eat light now to eat less later. Before you leave home, have a nutritious snack, such as yogurt or a broth-based soup. It'll curb hunger around rich party foods, so you'll eat less.

2. But the foods on the buffet table are so tempting. How can I resist?

At the party, stand your distance—from the food table, that is. And when it's time to sample the spread, be picky. Take tiny portions of rich foods and load up on fresh veggies, fruits, and crackers. Put all the food on your plate at once to see how much you're eating, then pass on seconds.

3. After going through a buffet line, I wind up with a bigger plateful than I should eat. Any hints?

Busting the buffet binge can be as simple as letting others go through the line first, so they'll be finished before you have time for seconds. While you're waiting, carefully pick the foods you want. When it's your turn, take the smallest plate available so it'll look full with less food. And promise yourself just one trip through.

4. I have to celebrate two Christmas dinners in one day. How can I keep from overeating?

This scenerio can take its toll. Try turning your feast day into a progressive meal. At the first stop, help yourself to appetizers and salads. At the next, concentrate on the main course. And, if you have a third destination, reserve that for a bite of dessert.

Should two meals be in the plan, choose foods low in fat and calories and go easy on sauces and dressing. And, think *mini* on the food portions.

5. My aunt loves to see us eating second helpings of her delicious cakes and pies, so how can I turn them down without offending?

Desserts can be big calorie culprits during the holidays. Just two sugar cookies and a wedge of pecan pie equals about 700 calories. Transform well-meaning servers into dietary allies by letting them in on your diet strategy. Not eating your entire first portion will signal that you're full. And, if it's still hard to turn down seconds, purposely downsize your first portion.

6. I try to eat just one cookie, but often end up eating half a dozen.

Take the holiday feasting one day at a time. If you overindulge once, put it behind you, and pick up where you left off. And don't overcompensate by fasting or skipping meals. You'll be more vulnerable to a later binge.

7. When it's a cocktail party or time to make a toast, what should I drink?

Request the low-calorie carbonated beverage or juice of your choice, with a fruit twist. If you want an alcoholic drink, allow yourself one glass of champagne, wine, or wine spritzer. Overall, try to limit alcohol, which packs a lot of empty calories that can turn to fat.

HOLIDAY DIET SURVIVAL KIT

Throughout the holidays, look for these favorites. One serving has fewer than 100 calories. And remember, you can enjoy all foods if you eat them *in moderation*.

1 mug of hot spiced cider
Raw vegetables with a spoonful of low-fat yogurt dip
4 whole-grain crackers
2 handfuls air-popped popcorn
1 cup sparkling water or juice
4 baked tortilla or pita wedges with salsa-type dip
2 handfuls of stick pretzels
3 boiled shrimp

BY JULIA MALLOY

The Moist Choice.

You don't have to make yourself eat oat bran anymore,
because now there are Hostess Oat Bran Muffins and new Banana Nut Oat Bran Muffins.
So moist and delicious, now you'll have to make yourself stop.

Hostess® Oat Bran Muffins.



MANUFACTURER'S COUPON | EXPIRATION DATE: 4/30/91 | 50¢

SAVE 50¢

Hostess® Oat Bran Muffins, 2 Snack-packs
or 1 Multi-pack,
Original or Banana Nut.

CONSUMER: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax.

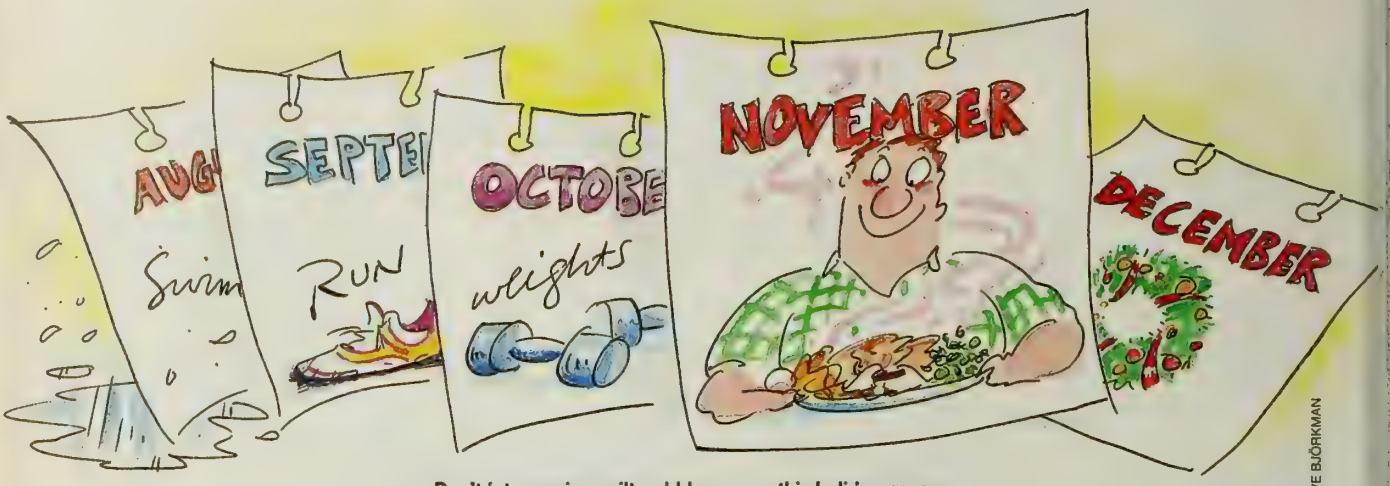
DEALER OR AUTHORIZED CLEARINGHOUSE: You will be reimbursed for face value plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to: Continental Baking Company, P.O. Box 12001, Mascoutah, IL 62224. Failure to comply with these terms; the submission by an unauthorized party; or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in U.S.A., A.P.O.'s and F.P.O.'s. Cash redemption value 1/20¢. ©1990, Continental Baking Company.

5 45000 40000 4

©1990, Continental Baking Company

FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



STEVE BJÖRKMAN

Don't let exercise guilt gobble you up this holiday season.

EXERCISE AND HOLIDAYS

Don't let guilt ruin your appetite

November is when naughty time begins. At Thanksgiving and during the holiday season, we tend to dump our dieting and exercising programs because the food's too good, the time too short.

So if we dump, we dump, says Bryant A. Stamford, Ph.D., at the University of Louisville in Kentucky. "After all, a holiday *is* a holiday," says the coauthor of *Fitness Without Exercise* (Warner Books, 1990, $18.95).

That doesn't mean you should take the whole holiday season off, but keep in mind that how much you eat and exercise around a holiday is "relatively unimportant in the grand scheme of things," Stamford says, provided you exercise regularly and eat well the remainder of the year.

Stamford stands by his "80/20 Rule." About 80 percent of the time he is good with his diet and exercise program. But when special occasions like holidays or birthdays occur, "that's a 20-percent time, and I'm going to enjoy myself."

STOP THE SEDENTARY CYCLE

When you rest, you rust

Exercise dropouts take note: Most of the physical abilities we lose between the ages of 20 and 80 are closely related to lack of exercise.

With inactivity, you lose 3 to 5 percent of muscle fiber each decade after age 30, leading to a 30-percent loss of muscle power by age 60. Also, messages moving along nerves can slow 10 to 15 percent by age 70.

The good news is that exercise—even when begun late in life—can slow, stop, or reverse such trends, says Joel Posner, M.D., of the Medical College of Pennsylvania. Just make sure to have a thorough medical checkup before you start exercising.

FITNESS ON THE FAST TRACK

Top execs stay in shape; you should, too

Fitness may be a big factor in climbing the corporate ladder.

So says a survey of more than 1,100 corporate honchos. James Rippe, M.D., of the University of Massachusetts Medical School, writes in *Fit for Success: Proven Strategies for Executive Health* (Prentice Hall Press, 1989) that one in five persons does aerobic exercises at least three times a week. However, 64 percent of the surveyed executives did the same.



These busy executives, writes Rippe, see the link between fitness, health, and performance.

So do members of the Professional Football Athletic Trainers Society, who, teamed with the Advil Forum on Health Education, developed a new employee fitness education program.

Fitness Counts brings athletic trainers and pro football players to business settings for presentations on preventing exercise-related injuries, first aid for injuries, health benefits of exercise, and the corporate benefits of employing fit people. (Studies say fit employees reduce health-care costs.)

Ronnie Barnes, head athletic trainer for the New York Giants, says educational programs are crucial for eager employees who may do too much too soon or do it haphazardly. Such exercisers sustain three times as many sports injuries as participants in organized sports, says Barnes.

Fitness Counts also offers tips for working a workout into a busy day. One tip is to park your car blocks from the office, then walk to work.

For a free Fitness Counts exercise pamphlet, send a SASE (business size) to Advil Forum on Health Education, Dept. BHG, 25th Floor, 1500 Broadway, New York, NY 10036.

continued on page 56



Monday: Tangled with a chair



Tuesday: Pulled on a file drawer



Wednesday: Caught on a zipper



Thursday: Struggled with the car door



Friday: Grabbed by a toddler



Saturday: Brushed by a grocery cart

And on Sunday she discovered No nonsense® pantyhose.



No nonsense. The pantyhose that last.

FITNESS MATTERS

continued from page 54

KNEE-JERK REACTIONS

Women's knees take it on the chin

The fitness boom has become a pain in the knee for women.

A recent study, for example, showed that female basketball players had 60 percent more knee injuries than their male counterparts.

Another study said females have more injuries than males in the first three months of an athletic season.

Why? Proportionally, women tend to have wider hips than men, so their thigh bones connect to the knees at a wider angle. Repeated exercise may stress female knees.

But hip structure is only one factor, says Victor Goldberg, M.D., at Case Western Reserve University in Cleveland. Women tend to have weaker thigh muscles, which support the knees. In many cases, poor conditioning and technique contribute to injury.

"Conditioning for women is a possible defense against their tendency to have knee injuries," says Goldberg, who is chairman of Case Western's Orthopedics Department.

Although women are injured more frequently than men at the start of an athletic season, the number of injuries is about the same for both sexes when peak physical condition is reached. So, women, get in shape gradually—and guard your knees on the way by strengthening your thigh muscles. Try cycling, uphill running, leg extensions, or squats for strengthening quadriceps. Once you feel in shape, don't overtrain or increase too quickly the amount of exercise you do in a week.

SIZING UP A HEALTH CLUB

Pick a place where workers care, members don't stare

It's the beginning of the holiday season and you're in no mood to even *start* thinking about food without having a good fitness program up and running. A health club would help.

But which one? A good club can set you up till the turn of the century. A bad one can set you up to fail and set you back financially. Here's how to pick a strong health club:

- **Tour the club** at the hour you would be most likely to use it. How crowded is it? Is it well ventilated and clean? Are you at ease with members?
- **Are staff members knowledgeable,** encouraging, and available? Do they have degrees in exercise physiology, physical education, or kinesiology? Are they required to be certified by such groups as the American College of Sports Medicine or the International Dance Exercise Association?
- **Do staff members talk about safe workouts?** If you are overweight and over 40, are you required to have a fitness assessment before you begin an exercise program?
- **Check out the club's reputation** with the Better Business Bureau.
- **Understand membership terms.** Do you have a "cooling off" time when you can cancel your membership without being penalized? Are agreements in writing?

She used to toddle down the stairs in diapers, now she's gliding down in satin.

There was no preparing for this bittersweet mix of joy, awe and sadness. All those years of nurturing and worrying, making sure she stayed healthy and ate right. And suddenly, overnight...

Truth is, tomorrow morning you'll be making sure



For a free copy of "Commit to Get Fit—The Guide to Choosing a Quality Health Club," send a SASE (business size) to Commit to Get Fit, c/o IRSA, Dept. BHG, 253 Summer St., Boston, MA 02210.

TOP-NOTCH TIP

Advantages of high-top athletic shoes

It used to be that low-top athletic shoes got top billing because lows looked good; high tops were for oafs.

Today, things have gone topsy-turvy. High tops not only have a friend in fashion, they have the edge in preventing ankle injuries in aerobic dancers, hikers, and basketball, volleyball, tennis, and soccer players.

High tops stabilize ankles and help prevent sprains, which are often the result of landing wrong from a jump.

A study of 2,500 basketball players showed that those most likely to sprain an ankle wore low tops and didn't wrap their ankles in tape.

The study also found that players with past ankle injuries who wore low tops were twice as likely to reinjure an ankle as those wearing high tops.

If you haven't had an ankle injury and don't play basketball or volleyball, which are hard on ankles, then you needn't "race out and spend another $100 on high-top shoes," says James Garrick, M.D., of the St. Francis Hospital in San Francisco.



But when you're buying your next pair of shoes, do keep in mind that high tops are a cut above low tops in preventing ankle injuries.

Best bet: High tops and ankles supported with tape or an elastic wrap.

PLAY IT, DON'T SAY IT

Kids talk a good game, but fall short of goals

Kids say the darndest things. Four hundred of them responded to a Sesame Place Kids Poll, saying that they will always exercise. That's contrary to several national fitness studies that say U.S. kids are woefully out of shape and increasingly overweight. Other findings of the poll:

- Two-thirds of children said it's very important to exercise regularly.
- About 90 percent said they exercise at least once or twice a week.

—By free-lance writer Gary Legwold, a frequent contributor to these pages who does his exercising in Minneapolis.

gain. And Citrus Hill Plus Calcium can elp. It's 100% pure orange juice with the alcium teenage girls so critically need. Ounce for ounce, it has the same amount f calcium as milk. With the same naturally weet, fresh taste and vitamin C as regular orange juice. Just the thing to help keep her, and all your family, strong and healthy for years to come. And that's one vision no satin dress can match.



Calcium and Teens

Adolescence is a time of rapid rowth, yet 85% of girls and 55% of oys 15-19 get less calcium than they hould. That not only could interfere ith bone development, but lead to eaker bones later on. An 8-oz. glass f Citrus Hill Plus Calcium provides ¼ of an adolescent's calcium RDA, the same amount as an 8-oz. glass of milk. And it's as delicious as it healthy, from oranges picked at eir peak of ripeness. There are no reservatives or added sugar, just 00% pure juice plus the extra nutri-on of calcium.

© 1989 P&G

Citrus Hill® Plus Calcium. Because healthy kids are the real reward.

BY PAUL KRANTZ

THE DRUGSTORE REVOLUTION
Prescription drugs are going over-the-counter

A quiet revolution has broken out in the aisles of your local drugstore. Over the past few years, a growing assortment of prescription drugs has become available in over-the-counter form. The upshot of all this activity: better and faster relief of a host of common minor maladies, ranging from athlete's foot to painful periods. And more are coming soon. Here's your guide to the best of these "new" nonprescription drugs.

Benefits to consumers. Lots of folks assume that prescription drugs are more powerful than over-the-counter products. Raw power can be a benefit or a problem (see "Cautions" below). But many prescription drugs do work faster or offer more complete relief of symptoms. Indeed, many former prescription drugs are now the number-one choice for over-the-counter relief. Loperamide (Immodium), for example, is the product most often recommended by doctors and pharmacists for relieving common diarrhea.

Experts also cite other benefits of prescription drugs that carry over when the drugs become OTC. Prescription drugs are closely monitored by manufacturers and health professionals, notes Edwin Webb, Pharm.D., of the American Pharmaceutical Association (APhA). That means that their effectiveness and relative safety are well-documented when they switch to over-the-counter products.

Still another advantage of the new drugs is more choice. That's crucial if you can't tolerate a particular drug, or if your illness is resistant to drugs that are already on the drugstore shelf.



There's good new medicine on the shelves.

WHAT'S AHEAD?

A number of effective prescription drugs are currently in the process of switching to over-the-counter status:

- **Lotrimin, an antifungal drug, became available last July.**
- **Carafate, Tagamet, and Zantac, widely prescribed ulcer drugs, will be touted as antacids when they become available over the counter within the next year or so.**
- **Seldane, an antihistamine that doesn't cause drowsiness, is expected to be switched in the near future.**
- **Feldene and Naprosyn, general pain relievers, are also expected to become OTC drugs soon.**

This is only a sample of many drugs in the process of switching. In all of the cases (except Lotrimin, which has just switched), the Food and Drug Administration has the final say. And right now, the FDA isn't saying when it will act. But keep your eyes open and you may soon see a familiar prescription name next to the aspirin and cough syrup.

Cautions. There is a downside to this expanding world of self-medication, however. The very power that makes these drugs work can also turn against the unsuspecting user. For instance, diphenhydramine (Benedryl and others, including generics) effectively relieves allergy symptoms, but it can leave you too drowsy to drive safely. Dr. Webb of the APhA also worries that the easy availability of these drugs will lull users into thinking that they can safely ignore warning labels.

John Janas, M.D., R.Ph., considers the proliferation of over-the-counter drugs a major hazard for elderly and children, as well as for people who have chronic illnesses. In each case, he says, self-medication without a doctor's oversight is asking for trouble.

The question of cost. Over-the-counter drugs are not always less expensive than prescription medicines. For instance, the prescription version of ibuprofen has twice as much active ingredient per pill as the over-the-counter versions. Patients needing high dosages may find it less expensive, for example, to take two prescription tablets rather than four nonprescription pills. You may also find yourself buying more of a nonprescription medicine than you need to clear up your problem. Finally, insurance rarely covers the cost of nonprescription drugs.

The lesson: Compare the price for complete treatment rather than per pill or bottle.

To safely use these drugs, follow these suggestions gleaned from health care specialists around the country:

continued on page 60



BABY YOUR LEGS.

Norelco® can shave your grown-up legs baby soft and silky smooth. Without nicks, pinching or irritation. Without tears. Because, with both the Norelco® Ladyshave and Ladyshave Wet/Dry razors, we've made close comfortable.

Our unique shaving system combines an ultra-thin foil to cut short hairs close, a straight trimmer for longer hairs and a rounded trimmer to go easy on your underarms. There's even an anti-pinch blade guard for added comfort.

You'll see. When you choose Norelco, you've made the choice to baby your legs. Beautifully.



Norelco®
We made close comfortable.

© 1990 Norelco Consumer Products Company, A Division of North American Philips Corporation, Stamford, CT 06904

A Quaker Chewy® Granola Bar has 1/3 less sugar,



© 1990 The Quaker Oats Company

DRUG REVOLUTION

continued from page 58

- Know what you are treating. Dermatologist Jack Lesher, M.D., urges patients not to guess at a diagnosis. Unless you've had the condition diagnosed and treated previously by a physician, seek medical advice before you begin self-treatment.
- Don't mix medicines without checking with your doctor or pharmacist, warns the APhA's Webb. Drugs, even ones meant for the same problem, can interact in unpredictable and hazardous ways.
- Expect fast relief, suggests Marla Tobin, M.D., a family physician. When treatment fails to cure the problem within a few days, see a doctor. Delays can allow minor infections to become life threatening.

SOME TOP-RATED DRUGS

Here's a look at a few of the best new over-the-counter drugs, along with some cautions to keep in mind.



Over-the-counter drugs are often, but not always, less expensive than prescription drugs.

Ibuprofen. Although not brand new to the over-the-counter arena, this pain-reliever is now getting high marks in two particular areas: muscle aches and menstrual pain. Dr. Tobin explains that ibuprofen works similarly to aspirin, but seems to work better for these types of pain. She warns, however, that people with kidney disease or ulcers shouldn't take ibuprofen. Stomach upset is the most common side effect.

Ibuprofen is available in both brand name and generic products.

Diphenhydramine and chlorpheniramine are antihistamines. That is, they quell allergy symptoms like itchy eyes, sneezing, and allergic rashes. James Kemp, M.D., chairman of the drug committee of the American Academy of Allergy and Immunology, reports that each drug has specific benefits. Diphenhydramine is his choice for itchy, allergic skin reactions such as poison ivy or hives. It also is effective for itchy eyes. Due to its sedative properties, diphenhydramine may need to be taken at bedtime. For the same reason, don't drive while using diphenhydramine.

Chorpheniramine may not be quite as effective at quelling skin itches, but it does relieve the sneezing and itching of nasal allergies. Most people don't get as drowsy on this drug, so it's a better choice for daytime use, Dr. Kemp says.

which makes that candy seem a little less dandy.



Enlarged illustration

Compared to the five leading chocolate candies, an average Quaker Chewy Granola Bar has, ounce for ounce, 1/3 less sugar and 1/3 less fat. And it comes in eight delicious, wholesome varieties your kids will love, like Raisin & Cinnamon, Peanut Butter, and Strawberry. So bag a better lunch with Quaker Chewy. Because all that sweet stuff isn't quite such neat stuff.



Know the facts about snacks.
Choose Quaker Chewy.®

Diphenhydramine and chorpheniramine are available both in brand name and as generic products.

Miconazole and clotrimazole. Many dermatologists consider these to be the over-the-counter drugs of choice for moderate cases of athlete's foot and jock itch, two fungal infections that can be very difficult to control. Treatment may need to continue for several weeks before the infection clears. Even then, the problem tends to recur. Side effects from these drugs are rare.

Dermatologist Lesher warns users to be certain that they have one of these problems before starting treatment. Dangerous bacterial infections and other skin diseases can imitate a fungal infection. Infections that seem severe or different from your previous infections need a doctor's attention.

Miconazole is available as the Micatin brand and clotrimazole as the Lotrimin AF brand.

Loperamide. Treatment of everyday diarrhea got a big boost when loperamide became available over the counter. Most cases succumb within several hours of starting treatment. Family physician Tobin recommends loperamide except when diarrhea is accompanied by severe abdominal pain or fever. These are signs of potentially dangerous conditions that require immediate medical evaluation. Also see a doctor if the diarrhea persists for more than a day or two despite treatment. One last note: Dr. Tobin warns that some loperamide products (and many cold and flu medicines, as well) contain alcohol, which can create a problem for children and alcoholics.

Any medication containing alcohol should be used with caution, warns family physician Marla Tobin. Fortunately, for many drugs, alternative non-alcohol-based formulations are usually available. Ask your pharmacist.

Loperamide is available as the Immodium brand.

Hydrocortisone. One of the older switchers, hydrocortisone gets the nod for relief of minor skin irritations and itches. Dr. Lesher warns that this drug is not for prolonged use on infants, or for severe or widespread problems.

Hydrocortisone is available in branded and generic products.

Dextromethorphan. Another of the older switchers, this drug garners high marks for cough control. Although it won't completely eliminate coughs, dextromethorphan will reduce their frequency. Dr. Tobin urges patients not to use this drug for more than a week; a cough lasting longer may be caused by bronchitis or another serious condition.

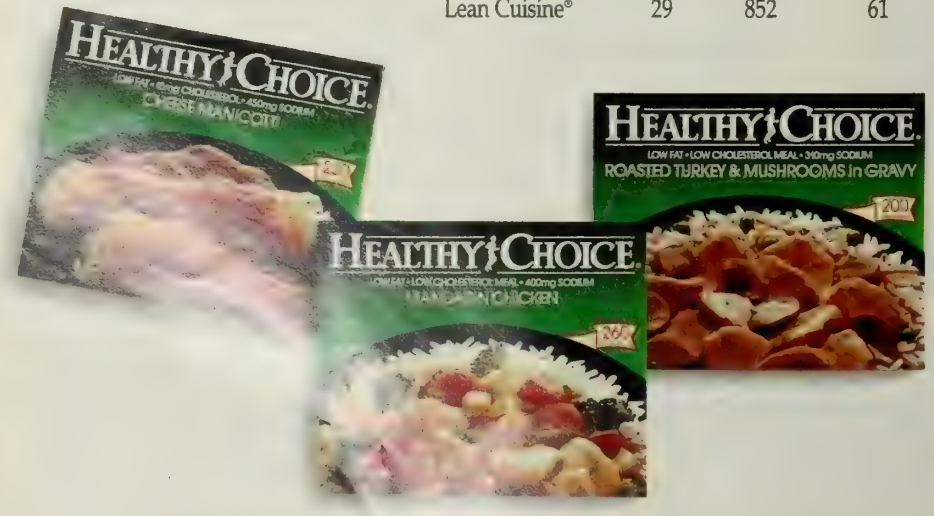


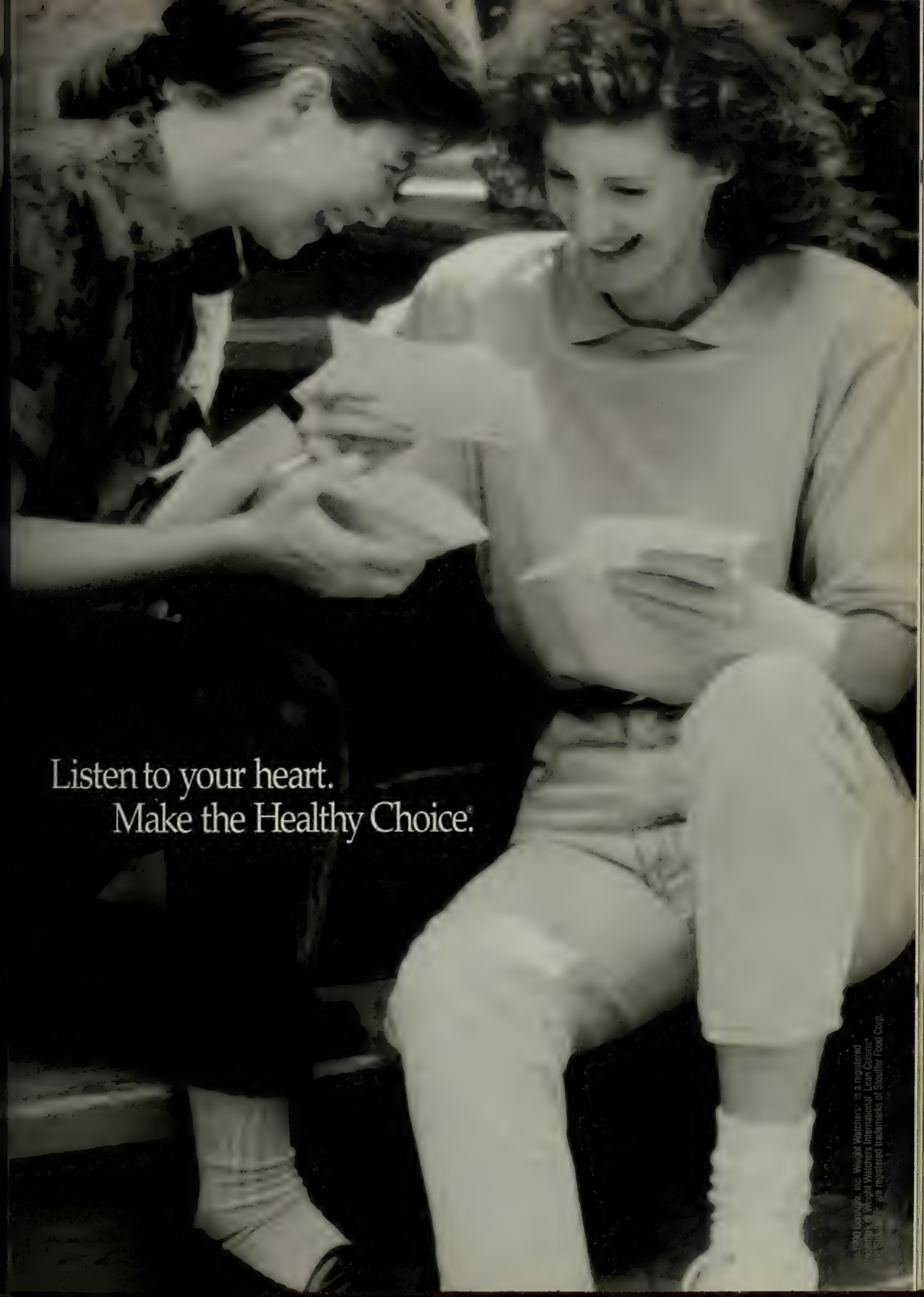
Mandarin Chicken Entree

New Healthy Choice® Entrees.

Introducing twenty delicious new Entrees from Healthy Choice.® Not only low in calories, these entrees are lowest in fat, sodium and cholesterol. So when you eat light, remember there's only one Healthy Choice.

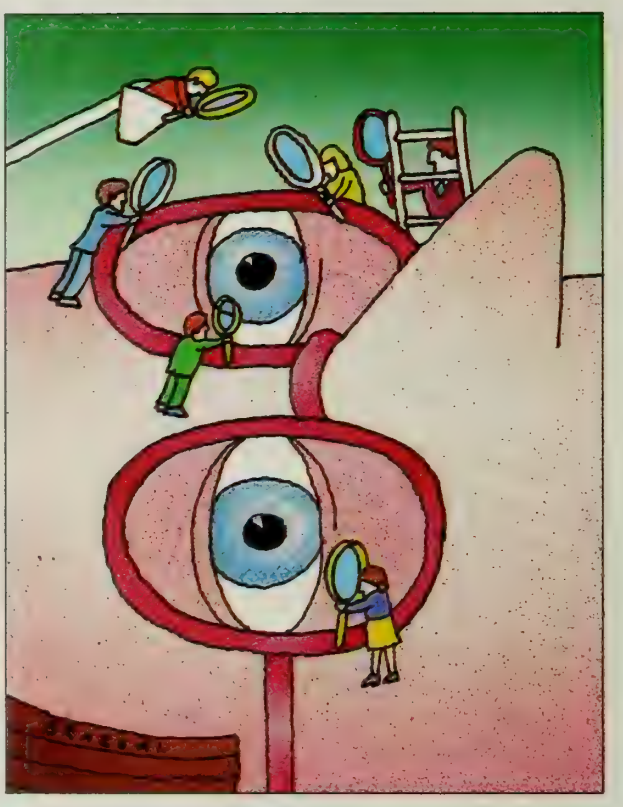
BRAND ENTREES (Line Averages)	FAT (% of calories)	SODIUM (mg)	CHOLESTEROL (mg)	CALORIES
Healthy Choice®	**12**	**372**	**34**	**232**
Stouffer's®	48	1030	N/A	365
Weight Watchers®	32	794	51	276
Lean Cuisine®	29	852	61	259





©1940 Corporate, Inc. Weight Watchers® is a registered trademark of Weight Watchers International. Lean Cuisine® and Stouffer's® are registered trademarks of Stouffer Food Corp.

THE EYES HAVE IT
New information about vision care



DISPOSABLE CONTACTS

Beware the dangers of eye infections

Disposable contact lenses hit the eye-care market only a few years ago, yet doctors are already noticing a disturbing trend. More and more patients are risking their sight by trying to squeeze a few extra days—sometimes even weeks—out of the short life of the lenses in order to save money, according to Byron Demorest, M.D., an ophthalmologist in Sacramento, California. That's a surefire recipe for eye infections, he says.

Used by an estimated 10 percent of patients, throwaway contact lenses are made to be worn for a week, then tossed straight into the garbage. What's happening instead is that many patients are bypassing their doctor's orders about proper care.

In fact, two studies last year in the *New England Journal of Medicine* warned that patients who use extended-wear contact lenses, including disposables, are at a much greater risk of developing severe eye infections.

What, then, are the major benefits of disposable lenses? If you suffer only from a slight case of nearsightedness, Demorest says there probably aren't any. Still, there are some patients who may benefit greatly from the lenses' added convenience and a sense of security against loss or damage.

Patients receive a three- to six-month supply of sealed, sterile packs containing saline solution. So, if a pair *does* feel gritty before the week is over, it's easy to slip on a fresh set. That's a major plus for patients with severe nearsightedness—who can't see across a room without their contacts—and for frequent travelers.

The cost of throwaway lenses averages about $100 more per year than regular contact lenses, according to a national study sponsored by Bausch and Lomb, a manufacturer of both regular and disposable contacts. Regular extended-wear lenses cost on average $300 to $350 per year, including an examination and solutions. Disposable contacts, on the other hand, average $400 to $450, the study reports.

But keep this in mind: Disposable lens wearers can make up some or all of the $100 in added cost through savings in unneeded solutions.

NEW EYE EXAMS

Tests measure everyday eyestrains

The old Snellen eye chart (the one with the big E at the top) is still around, but keep your eyes peeled in the coming years for several new vision tests. They promise to measure a wider range of your eyes' abilities, much the same way present-day hearing tests thoroughly gauge how well your ears are operating.

"The basic problem with today's eye exams is that they don't relate well to situations in the real world," says Curtin G. Kelley, M.D., an associate professor of ophthalmology at The Ohio State University.

A new exam that simulates the eyestrain of everyday life is called Glare Testing. Put simply, the test measures how well a patient can read an eye chart while various lights are shined into his or her eyes.

"The test re-creates such real-life situations as driving in bright sunlight, right in the doctor's office," Kelley explains. Even if you have good vision, he warns, you might experience glare problems. That's why he believes that within two years most eye doctors will include this simple, quick test in their routine eye exams. Another experimental eye examination, called Contrast Sensitivity, uses a series of vertical or horizontal lines to measure a patient's ability to judge various shades of gray.

SUNGLASSES

How to pick a really cool pair

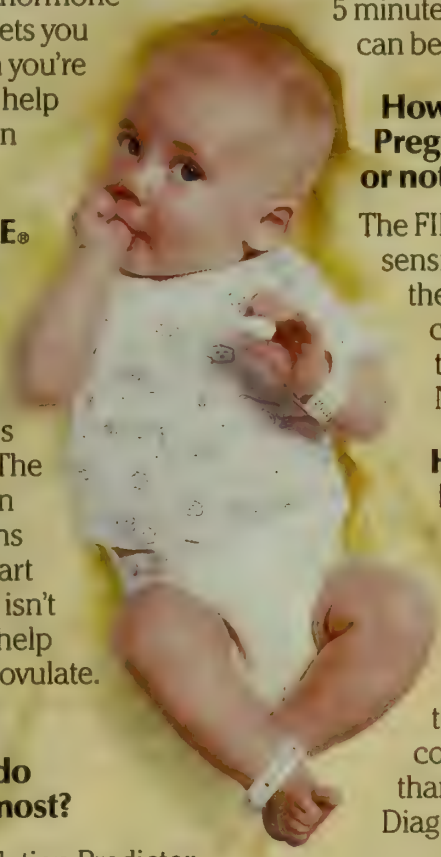
Doctors now recommend using sunglasses anytime you're outdoors—even if you don't expose your eyes to the intense glare of water or snow. Why? Because ultraviolet (UV) radiation from the sun can permanently damage your eyes.

continued on page 66

Do you need more than 9 months to have a baby?

It can take many months to conceive, but the FIRST RESPONSE® Ovulation Predictor Test can help make it happen sooner.*

Normally it takes 4 to 6 months for most couples to get pregnant, which many people find surprising. If you want to have a baby at a certain time of year, you may need help in timing conception.† The FIRST RESPONSE® Ovulation Predictor Test can help since it detects the hormone that triggers ovulation. This lets you know the one time of month you're most able to get pregnant to help you plan to have a baby when you want to.



Can the FIRST RESPONSE® Ovulation Predictor Test make planning a baby easier, even if your cycle is not always regular?

Yes. Most women have cycles that vary by 3 or more days. The FIRST RESPONSE® Ovulation Predictor Test has instructions that let you know when to start testing. So even if your cycle isn't always regular, this test can help you to predict when you will ovulate.

Which over-the-counter ovulation predictor test do OB/GYNs recommend most?

The FIRST RESPONSE® Ovulation Predictor Test. It's also the test preferred by more women. The FIRST RESPONSE® Ovulation Predictor Test is very easy to use. In just 10 minutes, a color change from white to pink reference color means you'll ovulate in 12 to 24 hours. Unlike most other ovulation tests, there is no need for day-to-day test comparisons.



Not ovulating | About to ovulate

If you think you're pregnant, why should you use the FIRST RESPONSE® Pregnancy Test instead of other home pregnancy tests?

The FIRST RESPONSE® Pregnancy Test gives you an easy-to-read "yes" or "no" result in just 5 minutes, and this test—which is so easy to do—can be done any time of day.

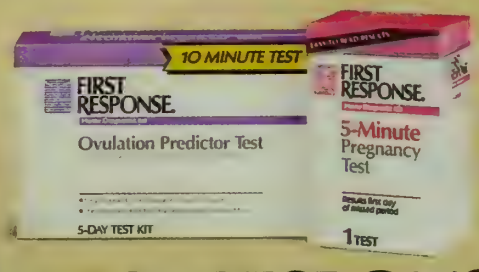
How early can the FIRST RESPONSE® Pregnancy Test tell if you're pregnant or not?

The FIRST RESPONSE® Pregnancy Test is so sensitive, it can detect very small amounts of the pregnancy hormone. That's why this test can tell you if you're pregnant or not on the first day of your missed period. No other home test can be used earlier.

How sure can you be that the FIRST RESPONSE® Home Diagnostic Tests are accurate?

Both the FIRST RESPONSE® Pregnancy Test and the FIRST RESPONSE® Ovulation Predictor Test have been proven 99% accurate in laboratory testing. But the best proof is the many women who have conceived and confirmed their pregnancies, thanks to the FIRST RESPONSE® Home Diagnostic Tests.

Questions? Call toll-free 1-800-367-6022



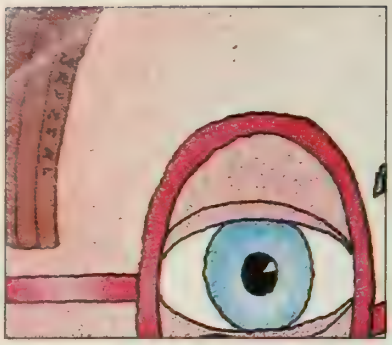
FIRST RESPONSE®
HOME DIAGNOSTIC KITS

One test is worth a thousand guesses.

FIRST RESPONSE and the Human Figure Design are the registered trademarks of HYGEIA SCIENCES, INC., a subsidiary of Carter-Wallace, Inc. © 1989, 1990 Hygeia Sciences, Inc.

*Ovulation tests cannot help predict timing of conception if other medical conditions are present which affect your ability to conceive.

†FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.



THE EYES HAVE IT

continued from page 64

But what kind of sunglasses will give you the best protection? An expensive, eye-catching pair of shades is not always the right answer. Try these tips from The American Academy of Ophthalmology for buying sunglasses:

- Check the manufacturer's label to make sure the sunglasses are 99- or 100-percent UV-absorbent and/or meet the American National Standards Institute's guidelines. Look for UV absorption marked 400 nm. It's equal to 100-percent UV absorption.
- Don't rely on color and darkness of lenses as indicators of UV light protection. They make no difference.
- Don't assume that mirror-coated sunglasses will fully protect your eyes. Check the label first.
- Try to buy dark gray or dark green lenses, if possible. These colors cause less color distortion, which means they offer the safest, closest to normal color vision available.
- Don't be fooled by price. It bears no relation to the amount of protection.
- Use polarized lenses if you're frequently around water or snow.
- Choose wraparound or close-fitting glasses to protect more eye area.

BIFOCAL CONTACT LENSES

More choices for your aging eyes

Baby Boomers, you're in luck. Recent advances in bifocal contacts offer an option to age-revealing bifocal glasses.

What's happening to all middle-aged adults is called presbyopia. It's the medical term for the natural loss of elasticity in your eyes' lenses. Once that occurs, the lenses become fixed at one focal point, unable to switch focus between near and far.

Bifocal contacts were developed about a decade ago, but today there are more choices. You can choose from three types of bifocal contacts:

- Monovision. This method uses one contact for distance in one eye and another contact in the other eye for near vision. Optometrist and contact-lens specialist Michael Pier of Warrensburg, Missouri, says monovision is the most popular because it's the easiest to learn to wear. It's best for early stages of presbyopia, he says.
- Alternating. Similar to bifocal glasses, these contacts have a line that divides each section of lens—the top for distance, the bottom for near vision. It offers the closest form of natural vision, Pier notes, and it's the most expensive of the three.
- Simultaneous. With these contacts, the corrections for distance and near vision are blended in each lens through a series of superthin, side-by-side circles. Your brain then automatically selects the focus it needs. Simultaneous lenses are usually the next step after monovision, explains Pier. Comfort and ease of adaptation are its major advantages.

Because bifocal contacts have to be custom-made, expect to pay about $100 more than what regular contacts cost; that means at least $350 to $500 total for an examination, fitting, and lenses, estimates Pier.

LASER SURGERY

A future substitute for glasses?

A new kind of surgery offers hope to the millions of people with myopia (nearsightedness) and astigmatism (misshaped corneas). Photo-refractive keratectomy could be available nationwide in just two to three years, experts predict.

It's not quite "Star Wars," but laser surgery has been used by ophthalmologists for the last 10 years to battle such eye conditions as tears, diabetes, and tumors. Now, photo-refractive keratectomy experiments are under way with special lasers that actually reshape the center of the eyeball's clear coating, the cornea.

Don't smash your specs yet, however. Dan Durrie, a corneal and refractive surgery specialist in Kansas City, Missouri, and an early investigator of the laser surgery, says that questions still remain about the long-term effectiveness of the new laser surgery and the quality of the corrected vision.

Even after researchers have cleared up all the questions, Durrie says, he'll be recommending the new laser surgery only for his patients who can't tolerate using any of the traditional means of correcting vision problems, such as glasses or contacts.

"This is still surgery," he cautions, "so it's not something to be done unless it's needed."

THERAPY FOR THE EYES?

Ask your doctor about eye exercises

Before you consider spending money on vision therapy, a form of eye exercises also called vision training, be aware that most ophthalmologists don't recommend it.

Vision therapy, used for the last 60 years, relies on exercises that are said to improve a person's information-processing system, which includes the eyes, the eye muscles, the brain, and the connections in between. A typical exercise might require a patient to repeatedly follow a target with his or her eyes. Advocates say it can help treat lazy eye, cross-eyes, and other vision problems that may interfere with learning ability.

Still, many ophthalmologists are disbelievers. "Vision therapy needs to be evaluated on a scientific basis," says Kansas City eye specialist Durrie, "with controlled, clinical tests."

Dr. Curtin Kelley at The Ohio State University warns that using vision therapy in place of a proven medical treatment may indirectly cause permanent damage to young kids. "If a child is being treated by the wrong method and then grows to an age where we can't help, that's a tragedy."

For example, lazy eye that isn't treated early may develop into permanent blurriness in one eye, says Kelley. The eye may look normal, but it will essentially be lost, unresponsive to glasses or contacts.

The upshot? Make sure you check with your family doctor before jumping into any vision therapy program, especially one that claims to correct a learning disability. There are no simple solutions, experts caution.

New Hostess® Snacks are 94% fat free, have no cholesterol and no tropical oils.









But kids couldn't care less.



Kids don't worry about fat, cholesterol, or tropical oils. So you have to. That's why we made Hostess® Twinkies® Lights and Cupcake Lights.

Great tasting sweet snacks you can feel good about serving. And your kids can feel good about eating.

MANUFACTURER'S COUPON | EXPIRATION DATE 4/1/91

Save 30¢ on any Hostess® Lights Family Pack

Consumer: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax. Dealer Or Authorized Clearinghouse: You will be reimbursed for 30¢ plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to Continental Baking Company, P.O. Box 12001, Mascoutah, IL 62224. Failure to comply with these terms; the submission by an unauthorized party; or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in U.S.A., A.P.O's and F.P.O's. Cash redemption value 1/20¢. ©1990, Continental Baking Company.

5 45000-330-30 1

H3 16



The sweet snack you can say Yes to.™

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

NOW HEAR THIS: EAR INFECTION ALERT

Tots risk language skills

Preschoolers who suffer repeated ear infections may have problems picking up crucial listening skills. That's what researchers at Penn State are discovering in a study of 50 children. Fortunately, parents can short-circuit problems by following some sensible guidelines.



STEVE BJÖRKMAN

Fluid buildup hampers hearing.

Ear infections often lead to a buildup of fluid within the middle ear, causing a temporary hearing loss. Lynne Feagans, Ph.D., and Ingrid Blood, Ph.D., leaders of the day-care study, liken the effect to putting your fingers in your ears. Older children can continue to understand spoken language because they are skilled in filling in the blanks. Young children haven't yet developed that ability, and can get lost in conversation. If ear infections are frequent enough, these children may be late in developing listening skills, and be at risk for early school problems.

Younger children may develop speech problems, as well. Unlike the listening problems, however, speech difficulties usually fade once infections become infrequent, around age 4, according to Feagans and Blood.

The researchers tell parents to keep these precautions in mind:

- Watch day-care kids particularly closely. These youngsters are three times as likely as kids cared for at home to develop ear infections.
- Treat infections promptly. Untreated infections can damage organs of the ear and lead to permanent hearing loss and other complications. Ear infections accompanied by headache, dizziness, chills, or fever may indicate that the infection is spreading. This can develop into an emergency situation. See a doctor immediately.
- Pay attention to apparent hearing problems after colds and flu, when ear infections are most common.
- Remember that ear infections may cause temporary hearing loss even if the child has no discomfort. Some infections cause pain, but three-quarters of the children in the study with fluid in their ears reported no pain.
- When fluid is present, make accommodations. Speak a little more loudly and slowly. When possible, talk to the child in a quiet area. And let teachers know about the problem so they can make adjustments as well.



This claims it's good for arthritis pain.

A DANGEROUS BORDER TO CROSS

Even mild high blood pressure is risky

When it comes to blood pressure, the borderline isn't a safe place to be.

Borderline hypertension is higher than normal blood pressure but short of clear-cut high blood pressure. Doctors often put these patients into a "watch and wait" category, monitoring closely but refraining from treatment. Now people in this gray area

have reason to be concerned, according to new findings.

Stevo Julius, M.D., Sc.D., and his coworkers at the University of Michigan Hospitals studied 124 people between the ages of 18 and 38. The average blood pressure reading for this group was 131 over 94. The doctors compared these people to another group of 822 people with an average blood pressure of normal proportions: 112 over 75.

Changes in their hearts and arteries warned that the borderline high group were at greater risk for developing heart disease. This group also had a host of other higher-than-average risk factors for heart disease in terms of obesity, cholesterol levels, blood fats, and insulin in the blood.

The good news is that all of these risk factors were also related to excess weight. In other words, losing those extra pounds could reduce much of the risk associated with borderline high blood pressure. And while that may not sound like a miracle cure for heart disease, it's a whole lot better than spending a lifetime taking high-blood-pressure medicine.

A DIET THEORY TAKES A HIT

Dieters delighted

Low-calorie diets *don't* sabotage themselves after all. Nutrition experts have long suspected that cutting back on calories caused your body to permanently shift into lower gear. The result, according to the common wisdom, is that your body burns calories much more efficiently. The upshot: even after your diet is over, it takes fewer calories to put on a pound of fat. Weight-loss experts blame this phenomenon for the so-called yo-yo cycle of weight loss and weight gain.

Bunk! says a new study by Thomas A. Wadden, Ph.D., of the University of Pennsylvania. Although your resting metabolic rate (RMR)—a measure of your calorie usage at rest—falls during dieting, it bounces back after you return to a normal (for your new weight) calorie intake.

Dr. Wadden assembled 18 obese women and measured their RMR. Nine of the women were then put on a 1,200-calorie-a-day diet; the other nine were offered a stingy 420 calories per day. Everyone in the study also started a modest walking program.

At first, both groups lowered their metabolic rate: 10 percent for the higher calorie group, 20 percent for the very-low-calorie women. But the effect faded as the dieters were weaned back to normal calorie levels. By the end of the study, the RMR for everyone was pretty much where it had been at the beginning.

Dr. Wadden suspects that walking may have accounted for some of the rebound. So the old equation still rings true: fat loss = diet + exercise.

KEEP KIDS OUT OF THIS BED

Stow your youngsters safely

Children don't belong in the bed of a pick-up truck. That bit of common sense isn't common enough for Phyllis F. Agran, M.D., of the Department of Pediatrics at the University of California in Irvine.

Research by Dr. Agran and her colleagues reveals that it doesn't take a crash to injure a child riding in the back. Sudden stops, turns, and swerves can toss children about, and even send them flying into the street. And don't think this is a problem only for farm kids: Dr. Agran's study involved pick-ups used on city streets.

Using a cover, or topper, isn't much of an improvement, either. These can become dislodged and fall on a child and cause severe injury. So slide on over, and make room for that youngster in the cab, buckled up, of course.

MEDICAL MAILBOX

Low-cost or free for the asking

Diabetes is the official newsletter of the American Diabetes Association. You can receive a free four-issue subscription to this lively quarterly by writing: American Diabetes Association, 1600 Duke St., Alexandria, VA 22314. Or phone toll-free: (800) ADA-DISC (232-3472).

continued on page 71



This guarantees it's better.

Two Medipren relieve minor arthritis pain better than two regular aspirin. And we're so sure of it, we're the first to make this offer. Your money back – guaranteed.

Now doesn't that make you feel better already?

For refund, just send Medipren proof of purchase and store receipt to: Medipren Guarantee, P.O. Box 4942, Monticello, MN 55365-4942.

Interplak cleans circles around your ordinary toothbrush.



The Interplak® Home Plaque Removal Instrument is one of the most important advances in home dental care since the invention of the toothbrush.

It doesn't look like an ordinary toothbrush. And it doesn't work like one.

After using the Interplak instrument just once, you'll be able to feel the difference immediately. Your mouth will seem fresher. Cleaner.

It cleans teeth nearly plaque-free.

Clinical studies show that manual brushing removes only some of the plaque that builds up daily on your teeth.

But those same studies show that the Interplak instrument cleans teeth nearly plaque-free and reduces gingivitis to improve the health of your gums. And the more plaque you remove, the more you reduce the risk of early gum disease and tooth decay.

Nothing fights plaque better.

Unlike manual and electric toothbrushes that only clean back and forth, or up and down, our ten tufts of bristles rotate 4200 times a minute. And they reverse their direction 46 times a second to literally scour off plaque and stimulate your gums. When the tufts reverse direction, the bristles extend fully to clean deep between teeth and under your gumline. And because the bristles are four times softer than the softest toothbrush, they're no more abrasive than manual brushing with toothpaste.



Interplak tufts clean plaque from between teeth and under the gums

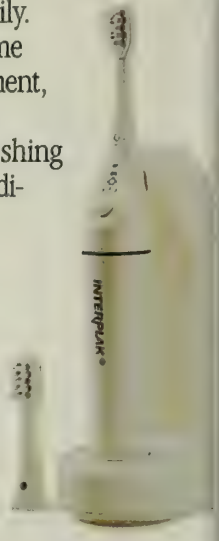
Ask your dentist about the benefits.

Dental professionals across the country have enthusiastically endorsed the Interplak instrument and they've recommended it to their patients. It's even accepted by the American Dental Association.

It's easy to use, cordless, and it recharges itself every time you place it in its stand. Plus you can buy color-coded, interchangeable brush heads for the whole family.

The Interplak Home Plaque Removal Instrument, from Bausch & Lomb.

A new way of brushing your teeth, with extraordinary results.



INTERPLAK®
HOME PLAQUE REMOVAL INSTRUMENT

The INTERPLAK Home Plaque Removal Instrument is acceptable as an effective cleaning instrument, which significantly reduces both dental plaque and gingivitis when used as part of a program of good oral hygiene and regular professional care.

ADA ACCEPTABLE American Dental Association

Interplak® is the registered trademark of the Bausch & Lomb Oral Care Division, Inc.
© 1990 Bausch & Lomb Oral Care Division, Inc.

continued from page 69

"Tips on Selecting a Cosmetic Surgeon" clues you in to the secrets of finding a competent doctor. This six-page brochure includes information on deciphering medical credentials, comparing candidates (and their ads), selecting a site for the surgery, and paying for the whole affair. Send $1 and a self-addressed, stamped, business-size envelope to: The Council of Better Business Bureaus, Inc., Dept. BH, 4200 Wilson Blvd., Arlington, VA 22203-1804.

"Ansaid Tablets/Guide to Traveling with Arthritis" is a nine-page brochure available from The Upjohn Company. Travel writer Gene Malott, publisher of a newsletter called *The Mature Traveler,* covers travel by plane, car, train, bus, and ship, with emphasis on planning. For a free copy, write: Ansaid Tablets/Guide to Traveling with Arthritis, Manning, Selvage & Lee, Dept. BH, 79 Madison Ave., New York, NY 10016.

Rx FOR STRESS: THE PAWS THAT REFRESH

Pets help us through the night

Fido isn't just your best friend. He may also be your best defense against a variety of illnesses caused by stress. At least, that seems to be his effect on seniors.

Psychologist Judith M. Siegel, Ph.D., of the University of California in Los Angeles, compared elderly pet owners to similar seniors without pets. She found that pet owners under stress sought medical care 16 percent less often than an equally stressed non-pet-owning group.



Your best friend just got better.

The most commonly owned pets among the seniors were dogs, cats, birds, and fish. For some reason, dogs seemed to have the greatest stress-busting ability; their owners visited the doctor 21 percent less often than the petless group.

Other studies also have shown medical benefits of pet ownership. Several researchers reported that stroking and caressing a pet lowers blood pressure. Other researchers have reported that pet owners live longer than people who live alone. Now it looks as if Lassie comes to the rescue again.

WHO CARES IF YOU'VE GOT A HEART CONDITION AND CATCH A COLD?

©Richardson Vicks, Inc. 1990

AN (ALMOST) EQUAL-OPPORTUNITY DISEASE

Men's bones grow thin with age

Brittle bone disease—osteoporosis—affects men just as it does women, warns University of Washington medical professor Susan Ott, M.D. The difference is that it tends to strike men about 10 years later in life. With the average lifespan increase, Dr. Ott notes, it is almost certain that more and more men will be feeling the disabling effects of thin, mineral-poor bones.

The rate of hip fractures, a reliable sign of the disease in the elderly, is 30 percent in men aged 90–100, similar to the rate in women in their eighties. Another common sign of osteoporosis is a series of fractures in the backbone, which leaves the sufferer hunched—the "dowager's hump." In both cases, the underlying cause of the fractures is loss of calcium from the bones.

Men who are prone to the condition need to seek medical attention early in adulthood. The risk factors for men parallel those identified for women, and include:

- A family history of hip fractures
- Fair complexion and a light build
- Loss of hormone production (testosterone for men, estrogen for women), either through disease or, in rare cases, aging.

Regardless of their current risk factors, men can help protect themselves by getting 800 milligrams of calcium in their daily diet, and by engaging in weight-bearing exercise like running or vigorous sports, says Dr. Ott.

—By Paul Krantz

SHADES of EXCITEMENT



Try an irresistible shade of Fitting Pretty® Queensize Pantyhose for $1.50.

Make a brilliant fashion statement. Select one stylish shade of Fitting Pretty® Queensize Pantyhose for just $1.50. (A regular $3.95 value!)



NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

Fitting Pretty is designed for women 145-320 lbs.

Important! Ht._____ Wt._____ (Required)

Pick One: ☐ Ivory ■ Barely Black ■ Tea Rose ■ Barely There (Not Shown)

MAIL TO: FITTING PRETTY OFFER, P.O. Box 8430, Clinton, Iowa 52736
OFFER EXPIRES June 30, 1991
Allow 8 weeks for delivery. Limit 1 per household.
Void where prohibited, taxed or restricted by law.
0913 ©1990 Hanes Hosiery

Hanes®

Available in Fine Department & Specialty Stores.

HEALTH

BY JOHN ROSEMOND

SAYING NO TO INFANT EXERCISE CLASSES



Parents who are attempting to give their toddlers a leg up are missing the beat.

Parents all over the country are blindly jumping on a new fitness bandwagon *for their babies.* Infant exercise classes are the latest craze for Moms and Dads hoping to give their youngsters a "head start" on everything from sports prowess to self-esteem. What these parents really need to give their children is a safe home environment where kids can be kids—and get fit, too.

My years as a family psychologist—and a parent—have taught me that babies can get all the exercise they need right at home.

A DAY IN EXERCISE CLASS

I'm standing in a room full of infants and toddlers bouncing—or attempting to bounce—on miniature trampolines. Some are holding on to padded balance bars, some are being assisted by their mothers. Despite the help, most of the children are too young, so they squirm. Several of the younger children are just standing there, looking around, apparently searching for a familiar someone who might rescue them from this madness.

Meanwhile, I'm doing all I can not to laugh. I'm watching a leotard-clad woman bouncing around the room, singing, "All the babies bounce and

bounce and don't fall down!" to the tune of "Mary Had a Little Lamb."

Around the class she goes, helping this child to his feet, encouraging another to bounce higher, trying her best to communicate her enthusiasm.

Uh oh, one of the tots starts to cry. "What's the matter?" the instructor asks. Despite her efforts, he continues to wail. He just wants his mommy, I think, and the peace and quiet of home. You can hardly blame him.

This is my first visit to an honest-to-goodness exercise class for babies. I watch the children slide down a wooden slide, crawl through a plastic tunnel (one toddler won't go in there, no matter what), and clap to music. Later, I ask some of the well-meaning parents what they hope the class will accomplish for their kids.

"My husband and I are fitness freaks, and we want our daughter to appreciate the value of exercise, too."

"I've always had a weight problem, mostly because of inactivity, and I don't want my child to suffer like I have suffered."

"The plan is to graduate her from baby exercise classes to children's gymnastics. I always wanted to be a gymnast, but got too late a start to be really competitive."

I then ask the instructor to explain the purpose of the class: "To stimulate the children's natural developmental processes," she says. "To set a pattern of healthful activity and good muscle tone during early childhood, to prepare the kids for the challenges of a competitive society.

"Exercise fosters alertness," she goes on to say, as if reading from a training manual, "and an alert child is more likely to do well in both school and sports activities."

Then, she applies the crowning touch: "A child who does well in school and sports will have good self-esteem," she says, "and that will eventually help these children resist pressure from peers to use drugs."

Ah, yes, of course. I should have known. If you want to sell something to parents these days, good marketing strategy demands that you sell to not just their egos, but their fears as well.

So, what could be a more perfect marketing gimmick than to imply that unless you enroll your toddler in an

continued on page 74

WHO CARES IF YOU'VE GOT HIGH BLOOD PRESSURE AND CATCH A COLD?

©Richardson Vicks, Inc. 1990

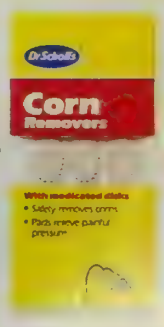
Every day, thousands of women perform surgery on their feet.



It's unnecessary. There's a much better, safer way to remove painful corns: Dr. Scholl's Corn Removers.

Within five treatments or less, the corn will be replaced with new, softer skin. And that's a money-back guarantee only Dr. Scholl's gives you. So get Dr. Scholl's Corn Removers. And get rid of those corns, safely and painlessly.





Dr. Scholl's.

Foot health is important. See your podiatrist for professional advice.

Read and follow label directions. © [illegible] Scholl, Inc.



This is Popsie & Me, part of the Wide, Wild World of Gund.
And you can getta Gund at all fine department, toy, gift and children's stores.
Gund, Inc., P.O. Box H, Edison, New Jersey 08818.



INFANT EXERCISE

continued from page 73

early exercise program, he or she might: not do well in school, become a klutz, suffer poor self-esteem, and wind up suffocating his or her sorrows in a cloud of marijuana smoke?

I ask myself: "Aren't small children active enough as it is?" I know mine were. By the time they were 18 months old, they were escaping from their cribs, jumping on furniture, and running away from us in stores and other crowded places. They got plenty of exercise. So did my wife and I.

Alert? Yes, that too. Enough so to still be going strong late at night. Our kids ran us ragged, day in and day out, for the first three years of their lives. We took comfort, though, in the fact that everyone else who had small children looked just as ragged as we did.

Who needs more active, more alert babies? None of the parents I know.

Yes, infants and toddlers should get lots of exercise. And yes, they will, pretty much on their own, as long as parents provide home environments that are safe, stimulating, and that allow for plenty of movement and exploration. Baby exercise classes are no substitute for a home that recognizes the child's need for activity and, within reasonable boundaries, permits it.

If a young child isn't able to get enough exercise at home, exercise classes won't even put a drop in the bucket. On the other hand, if the child *is* getting enough exercise at home, then the structure of an early exercise class will be an uncreative waste of time. And parents who are worried about their children "realizing their potential" should keep in mind that when you waste a youngster's time, you also waste the child's potential.

IN-HOME INFANT EXERCISE

You can create a safe, exercise-inspiring environment right in your own home. Here are a few suggestions to get you started. Most of it you can accomplish for next to nothing.

Childproof your home: Put away anything that poses a health hazard to your youngster as well as items that are valuable or irreplaceable. But don't just make your home safe for your youngster, make it stimulating as

well. Put things within your child's reach that will be interesting for him or her to handle and taste and take apart. The more often a child can express curiosity, the more the mind will grow along with the body.

Minimize the use of playpens and other restrictive furniture: This injunction applies as well to cribs, walkers, high chairs, and table seats. Playpens have their pros and cons. Used wisely and sparingly, a playpen can perform a service for parents and provide baby with a safe place to play. If overused, however, a playpen can hinder normal development. When left alone in playpens for long periods, children become bored, frustrated, even depressed.

Encourage and promote a variety of outdoor activities: While your child is outdoors, get out there and play! The more you interact, the stronger your relationship will become.

Encourage and promote indoor activity: The more time your child spends indoors, the more important it is that you provide opportunities for large-muscle development. If you don't provide them, the naturally active child will no doubt invent some that won't be to your liking. Indoor slides, indoor climbing apparatuses, and other equipment of this sort stimulate gross-motor development.

Encourage and promote fine motor development: It's as important that children develop their fine-motor skills as it is that they develop their gross-motor skills. Provide your youngster with an abundance of crayons and paper, blocks, and interlocking construction toys.

Read to your child for at least 30 minutes every day: A home-based exercise program recognizes the growing child's need for physical *and* intellectual stimulation. Reading will stimulate a young child's imagination, intellect, and creativity.

Shut off the television: Watching television is passivity, not activity. Not only are the watchers physically inactive, they're mentally passive. Television lends absolutely nothing of value to the life of a preschool child. In fact, developmentally speaking, television is a *deprivational* experience, which is why I recommend not exposing a child to television until he or she has learned to read well.



WE CARE.

If you get a cold while taking prescription medication for your heart, blood pressure or thyroid, you must take special care to choose the right cold medicine.

Vicks® VapoRub® is a powerful cold medication that eases your cough and allows you to breathe more easily. When you rub it on the outside of your body, it works naturally to relieve your symptoms without the risk of mixing with your prescription medication the way pills can.

So when you have a cold, consult your doctor and take good care of yourself. With Vicks VapoRub.

Safe relief is just a breath away.

© Richardson Vicks, Inc. 1990. Read and follow label directions.



The Regina® Dirt Magnet.™ Be careful where you point it.

Good Housekeeping PROMISES

© 1990. The Regina Company. All Rights Reserved.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

EASY-GROWING ORCHIDS

Pages 25–30: Greenwich Orchids, 924 North St., Greenwich, CT 06831.

COTTAGE ON THE PRAIRIE

Pages 82–83: Windows—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Exterior paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Door locks, handles**—Schlage, 2401 Bayshore Dr., San Francisco, CA 94119. **Exterior door**—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Exterior finish,** "Spring System"—Dryvit Systems, Inc., 1 Energy Way, West Warwick, RI 02893; 800/556-7752.

Pages 84–85 (*top left*): Windows—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Hardwood floor**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Armchair, secretary desk, pie crust table, three chairs**—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360. **(*Bottom left*): Dining table,** "Fisher Park," **lowboy, Windsor armchairs, Chippendale host chairs**—Thomasville Furniture Industries, Inc. (address above). **Sponged wall finish**—J. Kevin Mangan, 221 Newton Ave., S, Minneapolis, MN 55405. **Baby grand piano**—Samik Music Corporation, 18521 Railroad St., City of Industry, CA 91748. **French doors**—Marvin Windows (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **(*Center*): Windows**—Marvin Windows (address above). **Interior paint**—The Glidden Co. (address above). **Camel-back love seat, upholstery fabric, mahogany pie crust table, two armchairs, butler's table**—Thomasville Furniture Industries, Inc. (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **Accent pillow**—Revman Industries, Inc., 1211 Avenue of the Americas, New York, NY 10036.

Pages 86–87 (*top left*): Table, chairs—Thomasville Furniture Industries, Inc. (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **Ceramic tile**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Sink, faucet**—American Standard, Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068. **Curtain panels**—J.C. Penney Co., P.O. Box 659000, Dallas, TX 75265-9000; 800/222-6161. **Dishwasher, cooktop**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Cabinets and cabinet hardware**—Fieldstone Cabinetry, Inc., P.O. Box 109, Hwy. 105 East, Northwood, IA 50459. **Wallpaper**—Collins & Aikman, 23645 Mercantile Rd., Cleveland, OH 44122. **(*Bottom left*): Wall ovens, cooktop range, refrigerator**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Ceramic tile**—American Olean Tile Co. (address above). **Cabinets and cabinet hardware**—Fieldstone Cabinetry, Inc., P.O. Box 109, Hwy. 105 East, Northwood, IA 50459. **(*Right*): Armchair, sofa, upholstery fabric, gateleg table, entertainment center, wing chair**—Thomasville Furniture Industries, Inc. (address above). **Fireplace mantel**—Morgan Products, Ltd. (address above). **Windows, French doors**—Marvin Windows (address above). **Wallpaper**—Collins & Aikman, 23645 Mercantile Rd., Cleveland, OH 44122.

Page 88 (*top*): Windows—Marvin Windows (address above). **Carpet**—Cabin Crafts Carpets, Division of Shaw Industries, Inc., P.O. Drawer 2128, Dalton, GA 30722-2128. **Curtain panel**—J.C. Penney Co. (address above). **Rocker,** "Solitaire"—Thomasville Furniture Industries, Inc. (address above). **(*Bottom*): Lounge chair, armchair, iron bedstead, upholstered bench**—Thomasville Furniture Industries, Inc. (address above). **Carpet**—Cabin Crafts Carpets, Division of Shaw Industries, Inc., P.O. Drawer 2128, Dalton, GA 30722-2128. **Bed linens,** "Empire Rose" and "Nicole's Lace"—J.P. Stevens & Co., 1185 Avenue of the Americas, New York, NY 10036. **Lace dust ruffle overskirt, lace curtains**—J.C. Penney Co. (address above).

Page 90 (*bottom left*): Door—Morgan Products, Ltd. (address above). **Locks, hardware**—Schlage (address above). **Exterior paint**—The Glidden Co. (address above). **(*Bottom right*): Interior paint**—The Glidden Co. (address above). **Window**—Marvin Windows (address above). **Stair parts**—Morgan Products, Ltd. **Sponged wall finish**—J. Kevin Mangan (address above).

Page 91 (*bottom left*): Exterior paint—The Glidden Co. (address above). **Exterior finish,** "Sprint Systems"—Dryvit Systems, Inc. (address above). **Windows**—Marvin Windows (address above). **(*Bottom right*): Fluted pedestal**—Thomasville Furniture Industries, Inc. (address above). **Stair parts**—Morgan Products, Ltd. (address above). **Slate flooring**—American Olean Tile Co. (address above).

FINISHING TOUCHES

Page 96: Potpourri—Aromatique, P.O. Box 272, Heber Springs, AR 72543-0272.

Page 97: Birdhouses—Milano Series, Jude's Place Division, 34 MacQuesten Pkwy, S, Mount Vernon, NY 10550-1704; 800/441-4396. **Table**—Expressions, P.O. Box 6018, Metaire, LA 70002. **Pillow, window treatment fabrics**—Covington Fabrics, 267 5th Ave., New York, NY 10016. **Blinds,** "Duette Classic"—Hunter Douglas Window Fashions, 601 Alter St., Broomfield, CO 80020; 800/468-3382.

Page 98: Picture frames—Exposures, 9180 LeSaint Dr., Fairfield, OH 45014; 800/222-4947. **Chair**—Sears Catalog; 800/366-3000.

Page 99: Lamp—Koch + Lowy/PAS, 21-24 39th Ave., Long Island City, NY 11101. **Sofa**—Bernhardt Furniture, P.O. Box 740, Lenoir, NC 28645. **Curtain fabric**—J.C. Penney Linens, P.O. Box 659000, Dallas, TX 75265-9000.

Page 100: Pillow fabric—Schumacher, 79 Madison Ave., New York, NY 10016. **Sofa fabric**—Burlington House of Fabrics, 906 Anthony St., P.O. Box 691, Burlington, NC 27215.

Page 102: Exterior door—Emco, P.O. Box 853, Des Moines, IA 50304. **Paint**—Sherwin-Williams, 23200 Chagrin Blvd., Cleveland, OH 44115. **Birdhouse**—Milano Series, Jude's Place Division (address above).

GIFTS WITH A PERSONAL TOUCH

Page 108: Stock pot and pasta insert—Calphalon Commercial Aluminum Cookware Company, P.O. Box 583, Toledo, OH 43693.

THE JOY OF HOLIDAY BAKING

Pages 124–125: Small plate, "Pareille"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. **Black rimmed platter,** "Rondelle"—Fitz & Floyd (address above). **Wineglass,** "Rose"—J.G. Durand International, Wade Blvd., Millville, NJ 08332.

Page 145: Jar—Ball Corp., 1509 S. Macedonia Ave., Muncie, IN 47302. **Coffee cup and saucer**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

Page 151: Plate, "Bridal Wreath"—Hartstone, Inc., 1719 Dearborne, P.O. Box 2626, Zanesville, OH 4370l. **Fork,** "Dover"—Oneida Ltd., Oneida, NY 13421.

PRIZE TESTED RECIPES®

Page 163 *(left)*: Bowl—Bybee Pottery, P.O. Box 192, Waco, KY 40385. ***(Right)*: Plate,** "Metropolis Black"—Sasaki, 41 Madison Ave., New York, NY 10010.

DIRECTORY OF ARCHITECTS, DESIGNERS

COTTAGE ON THE PRAIRIE

Pages 81–92: Architect—Bloodgood Sharp Snider Architects and Planners, Inc., 3001 Grand Ave., Des Moines, IA 50312. **Interior designer**—Susan Getts, ASID, Hometime, 6213 Bury Dr., Eden Prairie, MN 55346. **Landscape designer**—Si Somon, Skjonn Landscapes, 325 Ramsey Rd., Wayzata, MN 55391. **Contractor**—Dean Doying, Hometime (address above).

GIFTS WITH A PERSONAL TOUCH

Pages 106–110: Welcome Home Mat—Gary Boling. **Stand-up Postcard Mementos**—Ron Hawbaker. **Comic Strip Tray**—Dinah Lockhart. **Trinket Art Frame, Dress-Up Clothes**—Abby Ruoff. **Painted Stool, Painted Pots**—Jilann Severson. BH&G

INTRODUCING THE REVOLUTIONARY NEW CARPET THAT'S SPECIFICALLY DESIGNED TO FIGHT MATTING.



The new Traffic Control™ Fiber System from Wear-Dated® Carpet.

It's expressly engineered to fight those ugly traffic patterns that slowly turn new carpets from a source of pride into a source of embarrassment.

To resist matting, we had to virtually reinvent the carpet. We created a unique dual fiber system that takes tough nylon fibers and interweaves them with acrylic fibers to build in added resilience. So it's as soft as traditional constructions but is designed to stand up to all the things you do in normal, everyday living.

Don't just get a new carpet. Get a whole new kind of carpet. Traffic Control.

Traffic Control *Traditional Construction*



The revolutionary Traffic Control Fiber System is designed to bounce back when you walk on it, not get beaten down.

Which is what makes Traffic Control so well suited for high-traffic, high-use areas like family rooms, children's rooms and everywhere else you want great mileage from your carpet.

And since it has the same ability to resist stains that's made Wear-Dated famous, it gives you everything you ever wanted in a carpet. Plus more. So don't settle for just any carpet. Get new Traffic Control from Wear-Dated Carpet.

So advanced, it's even designed to be walked on. And on and on and on and on and on and on. So go ahead, walk all over us.

WEAR-DATED ASSURANCE

WEAR-DATED® CARPET

Carpet bearing the Wear-Dated logo assures you of the highest quality materials and technology available. Every Wear-Dated Carpet style goes through real-world performance testing, just to be sure its beauty will last.

™Traffic Control is a trademark of Monsanto Company ®Wear-Dated is a registered trademark of Monsanto Company

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

EASY-GROWING ORCHIDS

Pages 25–30: Greenwich Orchids, 924 North St., Greenwich, CT 06831.

COTTAGE ON THE PRAIRIE

Pages 82–83: Windows—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Exterior paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Door locks, handles**—Schlage, 2401 Bayshore Dr., San Francisco, CA 94119. **Exterior door**—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Exterior finish,** "Spring System"—Dryvit Systems, Inc., 1 Energy Way, West Warwick, RI 02893; 800/556-7752.

Pages 84–85 (*top left*): Windows—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Hardwood floor**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Armchair, secretary desk, pie crust table, three chairs**—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360. **(*Bottom left*): Dining table,** "Fisher Park," **lowboy, Windsor armchairs, Chippendale host chairs**—Thomasville Furniture Industries, Inc. (address above). **Sponged wall finish**—J. Kevin Mangan, 221 Newton Ave., S, Minneapolis, MN 55405. **Baby grand piano**—Samik Music Corporation, 18521 Railroad St., City of Industry, CA 91748. **French doors**—Marvin Windows (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **(*Center*): Windows**—Marvin Windows (address above). **Interior paint**—The Glidden Co. (address above). **Camel-back love seat, upholstery fabric, mahogany pie crust table, two armchairs, butler's table**—Thomasville Furniture Industries, Inc. (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **Accent pillow**—Revman Industries, Inc., 1211 Avenue of the Americas, New York, NY 10036.

Pages 86–87 (*top left*): Table, chairs—Thomasville Furniture Industries, Inc. (address above). **Hardwood floor**—Bruce Hardwood Floors (address above). **Ceramic tile**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Sink, faucet**—American Standard, Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068. **Curtain panels**—J.C. Penney Co., P.O. Box 659000, Dallas, TX 75265-9000; 800/222-6161. **Dishwasher, cooktop**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Cabinets and cabinet hardware**—Fieldstone Cabinetry, Inc., P.O. Box 109, Hwy. 105 East, Northwood, IA 50459. **Wallpaper**—Collins & Aikman, 23645 Mercantile Rd., Cleveland, OH 44122. **(*Bottom left*): Wall ovens, cooktop range, refrigerator**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Ceramic tile**—American Olean Tile Co. (address above). **Cabinets and cabinet hardware**—Fieldstone Cabinetry, Inc., P.O. Box 109, Hwy. 105 East, Northwood, IA 50459. **(*Right*): Armchair, sofa, upholstery fabric, gateleg table, entertainment center, wing chair**—Thomasville Furniture Industries, Inc. (address above). **Fireplace mantel**—Morgan Products, Ltd. (address above). **Windows, French doors**—Marvin Windows (address above). **Wallpaper**—Collins & Aikman, 23645 Mercantile Rd., Cleveland, OH 44122.

Page 88 (*top*): Windows—Marvin Windows (address above). **Carpet**—Cabin Crafts Carpets, Division of Shaw Industries, Inc., P.O. Drawer 2128, Dalton, GA 30722-2128. **Curtain panel**—J.C. Penney Co. (address above). **Rocker,** "Solitaire"—Thomasville Furniture Industries, Inc. (address above). **(*Bottom*): Lounge chair, armchair, iron bedstead, upholstered bench**—Thomasville Furniture Industries, Inc. (address above). **Carpet**—Cabin Crafts Carpets, Division of Shaw Industries, Inc., P.O. Drawer 2128, Dalton, GA 30722-2128. **Bed linens,** "Empire Rose" and "Nicole's Lace"—J.P. Stevens & Co., 1185 Avenue of the Americas, New York, NY 10036. **Lace dust ruffle overskirt, lace curtains**—J.C. Penney Co. (address above).

Page 90 (*bottom left*): Door—Morgan Products, Ltd. (address above). **Locks, hardware**—Schlage (address above). **Exterior paint**—The Glidden Co. (address above). **(*Bottom right*): Interior paint**—The Glidden Co. (address above). **Window**—Marvin Windows (address above). **Stair parts**—Morgan Products, Ltd. **Sponged wall finish**—J. Kevin Mangan (address above).

Page 91 (*bottom left*): Exterior paint—The Glidden Co. (address above). **Exterior finish,** "Sprint Systems"—Dryvit Systems, Inc. (address above). **Windows**—Marvin Windows (address above). **(*Bottom right*): Fluted pedestal**—Thomasville Furniture Industries, Inc. (address above). **Stair parts**—Morgan Products, Ltd. (address above). **Slate flooring**—American Olean Tile Co. (address above).

FINISHING TOUCHES

Page 96: Potpourri—Aromatique, P.O. Box 272, Heber Springs, AR 72543-0272.

Page 97: Birdhouses—Milano Series, Jude's Place Division, 34 MacQuesten Pkwy, S, Mount Vernon, NY 10550-1704; 800/441-4396. **Table**—Expressions, P.O. Box 6018, Metaire, LA 70002. **Pillow, window treatment fabrics**—Covington Fabrics, 267 5th Ave., New York, NY 10016. **Blinds,** "Duette Classic"—Hunter Douglas Window Fashions, 601 Alter St., Broomfield, CO 80020; 800/468-3382.

Page 98: Picture frames—Exposures, 9180 LeSaint Dr., Fairfield, OH 45014; 800/222-4947. **Chair**—Sears Catalog; 800/366-3000.

Page 99: Lamp—Koch + Lowy/PAS, 21-24 39th Ave., Long Island City, NY 11101. **Sofa**—Bernhardt Furniture, P.O. Box 740, Lenoir, NC 28645. **Curtain fabric**—J.C. Penney Linens, P.O. Box 659000, Dallas, TX 75265-9000.

Page 100: Pillow fabric—Schumacher, 79 Madison Ave., New York, NY 10016. **Sofa fabric**—Burlington House of Fabrics, 906 Anthony St., P.O. Box 691, Burlington, NC 27215.

Page 102: Exterior door—Emco, P.O. Box 853, Des Moines, IA 50304. **Paint**—Sherwin-Williams, 23200 Chagrin Blvd., Cleveland, OH 44115. **Birdhouse**—Milano Series, Jude's Place Division (address above).

GIFTS WITH A PERSONAL TOUCH

Page 108: Stock pot and pasta insert—Calphalon Commercial Aluminum Cookware Company, P.O. Box 583, Toledo, OH 43693.

THE JOY OF HOLIDAY BAKING

Pages 124–125: Small plate, "Pareille"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. **Black rimmed platter,** "Rondelle"—Fitz & Floyd (address above). **Wineglass,** "Rose"—J.G. Durand International, Wade Blvd., Millville, NJ 08332.

Page 145: Jar—Ball Corp., 1509 S. Macedonia Ave., Muncie, IN 47302. **Coffee cup and saucer**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

Page 151: Plate, "Bridal Wreath"—Hartstone, Inc., 1719 Dearborne, P.O. Box 2626, Zanesville, OH 4370l. **Fork,** "Dover"—Oneida Ltd., Oneida, NY 13421.

PRIZE TESTED RECIPES®

Page 163 (*left*): Bowl—Bybee Pottery, P.O. Box 192, Waco, KY 40385. **(*Right*): Plate,** "Metropolis Black"—Sasaki, 41 Madison Ave., New York, NY 10010.

DIRECTORY OF ARCHITECTS, DESIGNERS

COTTAGE ON THE PRAIRIE

Pages 81–92: Architect—Bloodgood Sharp Snider Architects and Planners, Inc., 3001 Grand Ave., Des Moines, IA 50312. **Interior designer**—Susan Getts, ASID, Hometime, 6213 Bury Dr., Eden Prairie, MN 55346. **Landscape designer**—Si Somon, Skjonn Landscapes, 325 Ramsey Rd., Wayzata, MN 55391. **Contractor**—Dean Doying, Hometime (address above).

GIFTS WITH A PERSONAL TOUCH

Pages 106–110: Welcome Home Mat—Gary Boling. **Stand-up Postcard Mementos**—Ron Hawbaker. **Comic Strip Tray**—Dinah Lockhart. **Trinket Art Frame, Dress-Up Clothes**—Abby Ruoff. **Painted Stool, Painted Pots**—Jilann Severson. BH&G

Call 1-800-426-9990 for the store nearest you.

ALABAMA
Bryan & Holloway Floor Covering—Dothan
Cooper's Flooring & Interiors—Mobile
Don's Carpet One—Birmingham
Don's Carpet One—Vestavia
Don's Carpet One—Bessemer
Montgomery Rug & Shade—Montgomery
Universal Decorating Center—Huntsville
Wheat's Carpet & Flooring—Northport

ARIZONA
National Carpet—Tucson

CALIFORNIA
A & A Carpets—Sacramento
Artistic Carpets—Lancaster
John Bloeser Carpet Co.—Costa Mesa
John Bloeser Carpet Co.—Long Beach
Carpet Factory—North Hollywood
Carpet Suppliers—San Gabriel
Cinderella Carpets—San Luis Obispo
Cinderella Carpets—Salinas
Direct Sales Floors—Castro Valley
Floorcraft—San Francisco
Glines Floors—Yuba City
Gordon's Carpet—Imperial
Howard's Rug Co.—Ventura
Innovative Interiors—San Rafael
Miller's Carpet One—Monterey
Newport Floorcovering—Corona Del Mar
Pacific Decorating Centers—Anaheim
Pacific Decorating Centers—Fountain Valley
San Diego Carpet Co.—Encinitas
San Diego Carpet Co.—San Diego
San Diego Carpet Co.—Chula Vista
San Diego Carpet Co.—San Marcos
Shasta Design Center—Anderson
United Carpet Co.—Fresno
Upland Carpets—Upland
World of Carpets—Santa Rosa

COLORADO
Ruggs Benedict—Avon
Sam's Floor Coverings—Pueblo

CONNECTICUT
Angelo's Floor Covering—Waterbury
Carpet World—Bridgeport

DELAWARE
Miller's Furniture—New Castle

FLORIDA
Bernard's Carpet & Draperies—Juno
Carpet Corner—Holiday
Carpet Gallery—Miami
Carpet "Low" Down—Ft. Walton Beach
The Carpet Shop—Tallahassee
Floor Systems—Casselberry
Home Carpet—Venice
Home Carpet—Sarasota
Moon-Owens Carpet—Bonita Springs
Moon-Owens Carpet—Naples
Ramey Rug-Stuart
Stringfellow Supply—Gainesville

GEORGIA
American Carpet—Augusta
Burgess Carpet Center—Macon
Dalton Carpet—Athens
Dalton Carpet—Gainesville

HAWAII
American Carpet & Drapery—Honolulu
American Carpet & Drapery—Aiea
Hawaiian Carpet One—Wailuku
Hawaiian Carpet One—Lahaina

IDAHO
Contract Floors—Boise
Skelton's Inc.—Lewiston
Sunset Interiors—Boise

ILLINOIS
Carpet Gallery—Champaign
Carpet One Decorating Center—Freeport
Carpet One Decorating Center—Sterling
Columbia Rug—Peoria
Home Carpet—Chicago
Imperial Carpet Sales—Chicago
Miller-O'Neill—Decatur
Sun Carpet—Fairview Heights
Value House Carpet—Loves Park
Yonan Carpet—Downers Grove
Yonan Carpet—Chicago

INDIANA
Carpet Fashions—Indianapolis
Carpet Fashions—Lafayette
Indiana Flooring—Anderson
Bill Rush's Carpet One—Evansville

IOWA
Clark's Carriage House—Iowa City
Hineline Carpet & Appliance—Mo. Valley
Peterman & Haes—Waterloo
Pidgeon's Home Furnishings—Des Moines
Plumb's Carpet One—Bettendorf

KANSAS
Carpet Centers—Wichita
Carpet Centers—Topeka
Bud Jennings Carpet—Lawrence
McIntyre Mann Carpet Centers—Lenexa
McIntyre Mann Carpet Centers—Grandview
McIntyre Mann Carpet Centers—Kansas City
McIntyre Mann Carpet Centers—Independence
McIntyre Mann Carpet Centers—Overland Park

KENTUCKY
Brody Floorcovering—Louisville
Carpet Land—Erlanger

LOUISIANA
Henson's Fashion Floors—Bossier
Bob Moss Carpet & Flooring—Monroe
Schexnaildre's—Harahan

MARYLAND
Carpet House—Laurel
Kehne's Carpet Corner—Frederick
Waldorf Carpets—Waldorf

MASSACHUSETTS
Carpet Barn—Falmouth
Carpet Barn—Hyannis
Paine Carpet One—Braintree
Paine Carpet One—Natick
Paine Carpet One—Danvers
Rotmans—Worcester
Rotmans—Springfield

MICHIGAN
Beckwith Evans—Troy
Beckwith Evans—Taylor
Beckwith Evans—Deerborn Heights
Beckwith Evans—Livonia
Beckwith Evans—Redford
Beckwith Evans—Pleasant Ridge
Beckwith Evans—St. Clair Shores
Beckwith Evans—Mt. Clemens
Carpet Cove—Stevensville
Johnson Carpet—Grandville
Johnson Carpet—Grand Rapids
Merkel Floor Stores—Ann Arbor
Merkel Floor Stores—Chelsea
Migala Carpet Center—Kalamazoo
Migala Carpet Center—Battle Creek
O'Connor's Decorating Center—Saginaw
Skaff Carpet & Furniture—Flint
South Gate Carpet One—Traverse City
Streur Carpet—Holland

MINNESOTA
Carpet One Selection Center—Minnetonka
Carpet One Selection Center—Bloomington
Carpetown—Rochester
Custom Floorcovering—Alexandria

MISSOURI
McIntyre Mann Carpet Centers—Kansas City
Sun Carpet—Crestwood
Sun Carpet—Manchester
Sun Carpet—Bridgeton

NEBRASKA
Hineline Carpet & Appliance—Bellevue
Hineline Carpet & Appliance—Omaha
Jacobi's Carpet—Hastings
Lincoln Carpet Center—Lincoln

NEVADA
Bell's Carpet One—Las Vegas

WHY IS EVERYONE MAKING TRACKS TO AMERICA'S LARGEST CARPET RETAILER?



BECAUSE TRAFFIC CONTROL IS ON SALE!

33% OFF



Only America's largest carpet retailer could hold a sale this good on a carpet this great. Now through November, your Carpet One dealer is offering Wear-Dated® Carpets' new Traffic Control Fiber System at 33% off. And you get 90 days same as cash financing (see your local store for details). So join the race to the Carpet One store near you, for big savings on Traffic Control™ carpet in the colors and styles you're looking for!

90 DAYS SAME AS CASH!

NEW HAMPSHIRE
Dean's Carpet—Manchester

NEW JERSEY
Burlington Carpet—Burlington
Burlington Carpet—Haddon Heights
Burlington Carpet—Marlton
Carpet Market—East Brunswick
Cramer's—Madison
Cramer's—Lake Hopatcong
Floortown Carpet—Paramus
Kensington Carpet One—Northfield
The Rug Mart—Flemington

NEW MEXICO
Custom Carpet & Tile—Farmington

NEW YORK
T. F. Andrew Co.—Tarrytown
T. F. Andrew Co.—Thornwood
T. F. Andrew Co.—Hartsdale
Carpetmaster of Latham—Latham
Carpet Town—Wellsville
Carpet Town—Westons Mill
Country Carpet Dist.—Hicksville
Dee Jay Carpet—Lawrence
Elmira Rug—Elmira
Harry Katz Floorcovering—Mineola
Meelan Floors—Yorkville
Quality Carpet—Brooklyn
Rochester Linoleum & Carpet—Rochester
Tile & Carpet Town—Syracuse
Tile & Carpet Town—Clay
Tile & Carpet Town—Auburn
Tontine—West Seneca
Tontine—Amherst
Tontine—Cheektowaga

NORTH CAROLINA
A & B Carpets—Manteo
A & B Carpets—Kitty Hawk
Knowles Carpet—Goldsboro
Larry's Carpetland—Greenville
Whitney Decorating—Winston-Salem
Wilson's Carpet One—Wilmington

NORTH DAKOTA
The Decorating Center of Grand Forks—Grand Forks
I. Keating—Minot

OHIO
Carpet Land—Cincinnati
Carpet Land—Milford
Hosner Carpets—Canton
Modern Floor Covering—Toledo
Washington Floors—Mansfield
Zinner's Carpet One—Dayton

OKLAHOMA
Brewer Carpet Center—Edmond
Brewer Carpet Center—Oklahoma City
Carpet One Tulsa—Tulsa
Herron Carpet & Draperies—Durant
Waggoner Carpets—Lawton

OREGON
Columbia River Floorcovering—Rainier
E. G. Gardner Floor Covering—Eugene
Lippert's Carpet—Grants Pass
Lippert's Carpet—Medford
G. W. Paulson Co.—Portland
G. W. Paulson Co.—Lake Oswego
G. W. Paulson Co.—Gresham
G. W. Paulson Co.—Tigard

PENNSYLVANIA
Allentown Floorcovering—Allentown
Allwein's Flooring Center—Annville
Ches-Mont Carpet—Parkerford
Eldorado Wall & Floor Co.—Broomall
Essis & Sons Carpet—Chambersburg
Essis & Sons Carpet—Harrisburg
Essis & Sons Carpet—Mechanicsburg
Giant Floor & Wallcovering Co.—Plains, Wilkes-B
Giant Floor & Wallcovering Co.—Bartonsville
Giant Floor & Wallcovering Co.—Scranton
Giant Floor & Wallcovering Co.—Hazelton
Giant Floor & Wallcovering Co.—Tunkhannoc
Marett Carpet—Volant
Milstein Floorcovering—Elkins Park
Milstein Floorcovering—Colmar
Milstein Floorcovering—Philadelphia
Reading Rug—Wyomissing
Winner Carpet One—DuBois
Winner Carpet One—State College
Winner Carpet One—Williamsport

SOUTH CAROLINA
Carpet One Design Center—Columbia
Mayfield's—Greenville
Pawleys Island Interiors—Pawleys Island

SOUTH DAKOTA
Carpetmart—Rapid City
Unclaimed Freight-Sioux Falls

TENNESSEE
Buddy Allen Floorcovering—Nashville
Deaton's Carpet One—Jackson
Dixie Carpet—Bartlett
Dixie Carpet—Memphis
Frazier's Flooring—Knoxville
Ronnie Jaynes Carpet—Greeneville

TEXAS
Arlington Carpet—Arlington
Bagdad Carpets—Houston
Bagdad Carpets—Stafford
Bagdad Carpets—Webster
Concho Carpets—San Angelo
Denton Floor Covering—Denton
Herron Carpet & Drapery—Sherman
Hicks Carpet—San Antonio
House of Carpets—Midland
House of Carpets—Odessa
Red Marron Floors—Richardson
Red Marron Floors—Plano
Pidgeon's Home Furnishings—Carrollton
Waggoner Carpets-Wichita Falls

UTAH
Merrill's Carpet & Tile—St. George
Webb's Carpet One & Interior Design—Orem

VERMONT
First Quality Carpets—Williston
Vermont Contract Furnishings—Rutland

VIRGINIA
Salem M. Eways—Charlottesville
The Floor Show—Lynchburg
L&M Tile & Floor Covering—Mechanicsville
Liberty Carpets—Fairfax
Liberty Carpets—Vienna
Smiley Tile Carpet One—Staunton

WASHINGTON
Floor Decorators—Tacoma
Floor Decorators—Bremerton
Miller's Interiors—Bellevue
Miller's Interiors—Kent
Miller's Interiors—Lynwood
Miller's Interiors—Seattle
Patrick's Decorating Center—Olympia
The Showroom—Spokane

WEST VIRGINIA
Snider Floor Covering-Morgantown

WISCONSIN
Carpet Country—La Crosse
Carpet One Janesville—Janesville
Coyle, Inc.—Madison
Coyle, Inc.—Green Bay
Kerns Carpet—Milwaukee
Kerns Carpet—Greenfield

WYOMING
Rocky Mountain Carpet & Supply—Casper

CANADA
Elte Carpets, Ltd.—Toronto, Ontario

CARPET ONE®

Traffic Control is a trademark of Monsanto Company ®Wear-Dated is a registered trademark of Monsanto Company

REGIONAL CLASSICS

BY WILLIAM L. NOLAN

COTTAGE ON THE PRAIRIE



Tired of touring copycat tract houses that look as though they were assembled in a serve-yourself lumberyard? So are we, so we commissioned architects and builders across the country to create houses with real character and substance. Stiff competition tempts today's builders to sacrifice genuine character for such trendy tack-ons as fake dormers and fat pillars. Our ancestors chose instead to adapt Old World design ideas to their practical-minded pioneer lifestyles and to New World climates, creating classic regional styles: the New England saltbox, the plantation cottage, the the western ranch. Our own search for regional character begins with the midwestern version of the English cottage, a style that migrated to the prairie in the early 1900s.

COTTAGE ON THE PRAIRIE



Rustic touches underscore the home's cottage origins: stuccoed exterior walls paired with weathered brick, shake shingles, pebble-surfaced walk and stoop, and a carved, hand-painted front door.

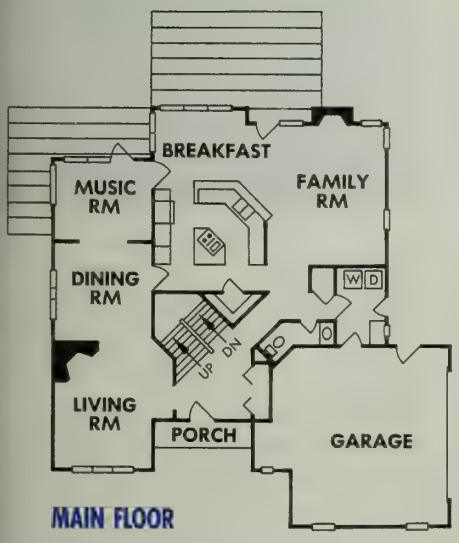
The buzzword in housing styles 80 years ago was *craftsmanship.* Home buyers began turning up their noses at machine-made products and demanded simpler things that looked handmade. To meet the demand, many builders created whole neighborhoods of European-style cottages.

One version, the English cottage, spread like dandelions throughout the Midwest. Sensing a renewed desire for handmade simplicity today, we asked midwestern architect John Bloodgood to create a 1990s interpretation of this yesteryear favorite. Hometime, a Minnesota TV production company, erected Bloodgood's design on a prairie meadow south of Minneapolis.

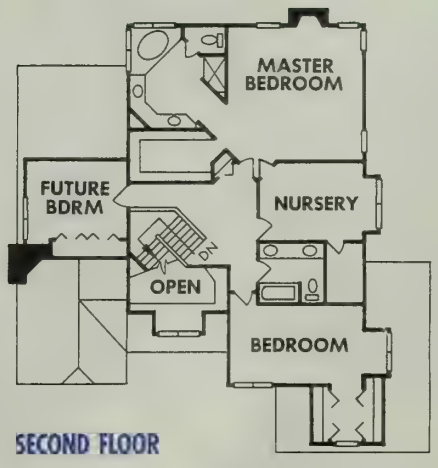
Midwestern cottages have become so familiar that we forget their origins are English. A closer look reveals their Old World borrowings, which include small-paned windows, a stucco skin, and a roof that mimics that of a thatched cottage.

Even the floor plan takes its cue from the past. Diagonal halls on both floors seem to meander among the rooms, and the staircase twists and turns as if concocted in stages by a village woodcrafter.





MAIN FLOOR



SECOND FLOOR

A cottagelike silhouette links this prairie home with its English forebears. Random window placement and earth-hued exterior finishes play up the country-cottage simplicity.

To order Project Plan 19212, see page 195.

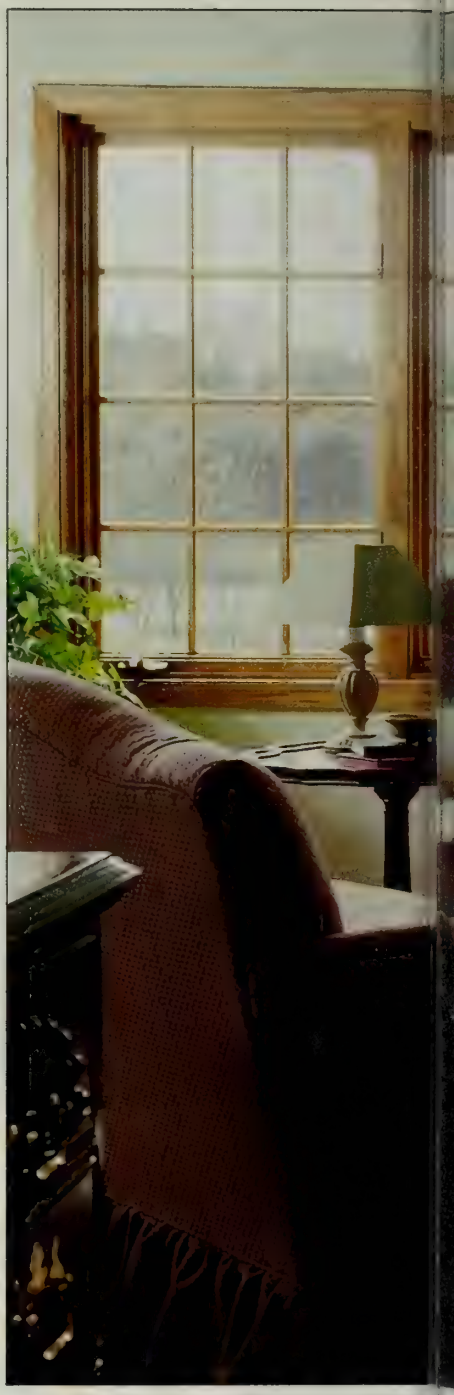
Photos: Susan Gilmore. Architect: Bloodgood Architects, PC. Builder: Hometime, Inc. Interior design: Susan Getts. Regional editor: Sharon Ross

COTTAGE ON THE PRAIRIE



Big windows flank a sunny corner of the living room, beckoning you to savor the solitude and contemplate the prairie vastness.

French doors merge the dining room with the music room and deck, treating diners to windswept vistas of pasture and marshland.





The living room's flagstone hearth, plank floor, and casual furnishings capture the grass-roots grace of a country inn.



Join us for tea and scones in the sun-dappled front room. We've lighted a fire, but the room's cottage warmth springs mostly from its down-to-earth simplicity. Tall, plainly framed windows let the afternoon sun sweep across the wide-plank floors, bouncing light onto the timbered ceiling and crisply patterned cotton rugs. The bare sashes are their own ornament, expressing an almost spiritual passion for spareness that arrived in America with the Puritans.

As in cottages of old, the spaces are modestly proportioned, even the living room. Its 12×20-foot dimensions contain just enough space for a conversation area by the fire and a quiet retreat near the front window. In the old days when low ceilings were the norm, cottage builders compensated by vaulting the ceiling in the main room. Here, this same ploy lends the living room a touch of drama.

Throughout the house, furnishings and fabrics from Thomasville Furniture Industries complete the picture

COTTAGE ON THE PRAIRIE



French doors open to the deck at each end of the breakfast table. A tiled serving ledge minimizes traffic in the kitchen work area.



Rustic pine cloaks the ovens, refrigerator, and cooktop. They cluster around cupboard-style built-ins topped with fluted trim and fitted with porcelain pulls.

with a rich mix that might have been assembled by several generations of the same family. Accent pieces added by interior designer Susan Getts round out the home's mellow warmth and homespun simplicity.

Second living rooms, a common feature in many Victorian homes, fell out of fashion when cottage-style houses became the rage during the 1920s and '30s. Tastemakers of the day urged America's new cottage-dwellers to follow the example of the European peasant by congregating in one multipurpose sitting/dining/entertaining room.

In the '40s, this kind of togetherness spawned the family room, an easy-living oasis where family and friends can kick back, stretch out, and gather round the fire, the table, or the TV. Here that oasis merges with the kitchen and breakfast nook, helping even today's busy family share quiet times



Let's have a game! Village-pub warmth in the



ures the clan to congregate by the fire. A pine armoire hides the TV.

COTTAGE ON THE PRAIRIE



Drawers under the window seat in the nursery store the baby's toys. Cottage-style sconces perch on the dormer's walls.

Stenciled ivy trails across the windows in the master bedroom, an airy counterpoint to the rustic brick fireplace.



at home. A tiled ledge hides clutter in the work area while putting the cook in touch with activities at the breakfast table or near the hearth. Rustic finishes and furnishings lend country-tavern coziness: weathered brick, oak planking, honey-hued pine.

Upstairs rooms include a dormered nursery adjoining the master suite. A separate door opens to the nursery directly from the master bedroom, allowing Mom and Dad to check on the baby without crossing the hall.

continued on page 90

The New Decorator Tin Collection









eneral Foods® International offees presents this year's col- ction of decorator tins. Four uthentic scenes of Italy, France,



Austria and Switzerland you'll want to keep forever. And best of all, each tin is filled with the flavor that inspired it.

General Foods® International Coffees

© 1990 General Foods Corporation

WE'VE TAKEN THE WRINKLES



Ironing is easy when you've got plenty of deep-penetrating steam. That's why we built the Norelco® E-Z Steam™ Irons with a bigger steam chamber than the competition. In fact, our E-Z Steam Plus™ delivers up to 75% more steam than the leading iron. And Norelco's state-of-the-art steam system lets you adjust the steam power for different fabrics. With steam that lasts and lasts without constant refills. So get a Norelco. And find out how easy ironing can be.

Norelco®

COTTAGE ON THE PRAIRIE

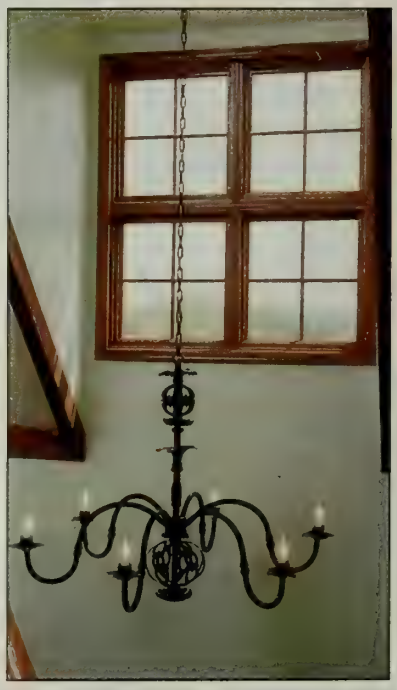
continued from page 88

Cottages in the Old World were topped with steeply pitched roofs to aid runoff (on shallower pitches, thatched or tiled roofing tended to leak). This yielded attics large enough to sleep the whole family, a boon in villages where space for housing was scarce. When the cottage style migrated to America, it kept its quaint, hip-gabled roofscape (shingled rather than thatched) but gained dormers for extra light and air upstairs. Result: bedrooms that nestle under the eaves and tuck into nooks and niches formed by

continued on page 92



Hand-painted hues on the front door pick out a bouquet of prairie flowers carved into the center stile.



A dormer window delivers light to the stair landing, framing the simple forged-iron chandelier and the open field beyond.

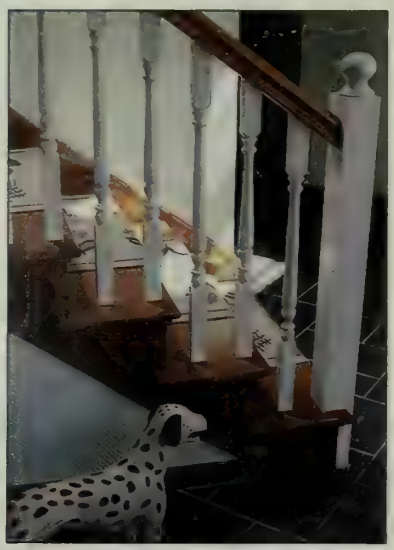
OUT OF
RONING.

STEAM
1 2 3 +
PERM PRESS
NATURALS
MED
HI
MAX

© 1990 Norelco Consumer Products Company, A Division of North American Philips Corporation, Stamford, CT 06904



The house owes much of its charm to its distinctive hip-gabled roof planes. Minus their old-world thatching, they now shed prairie snows, hail, and downpours.



Scrolled detailing under the stair treads and embossed vinyl on the walls add character in the front hall.



Take Two For The Uncommon Cold.

Get ready. One of those icy cold snaps is on its way. So bundle up and winterize down to your fingertips with GripsPlus™ gloves with Thinsulate.® Inside and out, you won't find a better glove against freezing weather.

GripsPlus starts with its patented pre-curved design that hugs the natural contour of your hand. And this year, lanolin was added to the tanning process to keep the leather softer, stronger, and more flexible—even when wet.

GripsPlus

Next comes the glove within a glove. The Thinsulate thermal lining with its unique microfiber construction that provides maximum warmth and minimum bulk.

Thinsulate®
Thermal Insulation

GripsPlus with Thinsulate. Tough and durable outside. Warm and comfortable inside. The cure for the uncommon cold.
Only from Wells Lamont.

WELLS LAMONT® STUBBORN ABOUT QUALITY

"Thinsulate" is a registered trademark of 3M.

COTTAGE ON THE PRAIRIE

continued from page 91

the dormers, offering a welcome sense of shelter from the prairie vastness.

Like their Old World cousins, American cottages usually were stucco with brick or stone trim, but our example updates the old thick-coat stucco with a high-tech hybrid: thinner, more resilient layers of stucco troweled over plastic foam panels that help insulate the house. Base courses of weathered brick along the bottoms of the front walls help anchor the house to the landscape. For a touch of handcrafted character, we added a carved, hand-painted front door that repeats the sun-bleached hues of prairie wildflowers.

TO COME: CLASSIC STYLES AT HOME IN OTHER REGIONS



Future issues will feature regional classics built in *your* neck of the woods, including a clifftop ranch in the Northwest (*above*) and a porch-trimmed two-story in the Southeast. We'll introduce you to the pros who've discovered how to give today's housing the character it deserves. Their ranks include Gordon Cross, a history-inspired builder in Savannah, Georgia, and Robert Koch, a partner in a Seattle architectural firm that laid the groundwork for modern home design in the Pacific Northwest. ***Buying information, page 76.***



Cristal, je t'aime.

Cristal d'Arques®
FRANCE

Genuine 24% Lead Crystal. Pattern: Bretagne



VERRERIE CRISTALLERIE D'ARQUES. FRANCE

DURAND INTERNATIONAL, WADE BLVD., MILLVILLE, N.J 08332
For further information, please contact: 1-800 -334 5014 or 609-825 5620

Available in department stores and gift stores

© Cuisinarts Corp. Cuisinart and Cuisinarts are registered trademarks

How far can you go w
Food Prepar



Create healthy, beautiful fruit platters in seconds.



Make a cake for someone special — less than 3 minutes to mix the batter and frosting!



Mix dough for 120 Chocolate Chip Co ies in less than a minute.



Scrumptious Cheesecake is easy in the Cuisinart Food Preparation Center.



Make Homemade Vegetable Soup quickly, neatly in the Cuisinart Food Preparation Center.



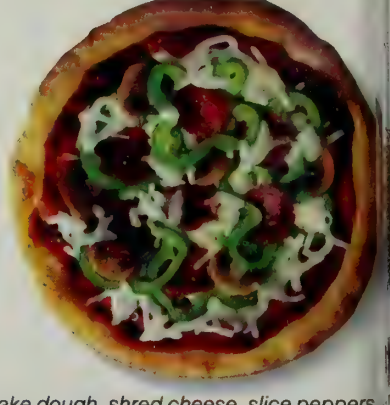
Add a touch of elegance simply, with Cuisinarts' patented discs.



Shred carrots and mix the batter for Carrot Cake in one machine in less than 2 minutes.



Make your own wholesome Baby Food — no additives, no preservatives.



Make dough, shred cheese, slice peppers pepperoni faster than having pizza delivere

Nationwide - Bed Bath & Beyond, Macy's, Williams Sonoma. CA - Gottschalk's, Robinson's. Waterbury CT - Howland-Hughes

h the new Cuisinart®
ion Center?™



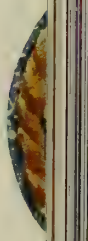
othing kneads dough faster than the
ood Preparation Center.



You won't believe luscious, low-calorie Frozen Yogurt could be so easy.



Healthy pasta or stir-fry dishes are convenient ideas for busy cooks.



P
th



No one knows. Yet.

The Food Preparation Center takes you where you've never been before.

Beyond food processors. Beyond mixers. Beyond blenders.

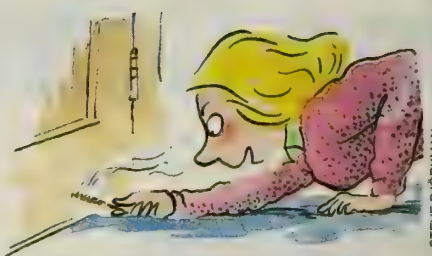
With the new Cuisinart Food Preparation Center you can chop, knead, mix, whip, shred and slice. You'll create dishes you can only imagine now. Save hours of preparation time and enjoy fresh, healthy food that's so easy to prepare.

Cuisinart®
FOOD PREPARATION CENTER™
Everything a mixer can do... and more

r product information and a copy of our recipe-filled newsletter, send $1.00 to
uisinarts Recipes B, Box 704, Brewster, NY 10509-0704, Attn: Angela MacDonald.

t's. DE - Creative Cooking. FL - Burdine's. Baltimore MD - Cooks Cupboard. OH - Lazarus. PA - Boscov's. York PA - The Kitchen Works.

SEALING HEAT LEAKS
How to find and fix them


STEVE BJÖRKMAN

Flutters of smoke signal costly cracks.

Normal house settling and changes in humidity and temperature create new heat-robbing openings every year. Though a weather-stripping or insulation contractor is your best source for a complete home-energy audit, you can do a simple self-check on your home in a matter of minutes. Just follow these steps.

A touch test for leaks: Turn off the furnace, and close all windows, doors, and other openings. Turn on all the fans that vent air to the outdoors, such as attic fans, bathroom vents, and stove vents. If you don't have any vent fans, try using one or more window fans to blow the inside air out. (If you have only one window fan or your house is big, you might have to depressurize one room at a time.)

In 10 or 15 minutes your house will be depressurized—sucking the outdoor air in through the cracks and holes you need to seal. To find these leaks, wet your hand and slowly run it (or a piece of smoking incense) on the inside along the suspected opening, feeling for cool air or watching for a flutter of smoke.

When you do this test, it helps if there's a big difference between the air temperature in your house and the air temperature outdoors. For best results, try to do your testing on a cool, windy day. Some of the common trouble spots to test include: door cracks, window joints, baseboards, vents, wall and ceiling joints, electrical outlets and switches, ceiling light fixtures, and attic door cracks.

Measure for materials: To gauge how much material you'll need to buy, measure the perimeters of all the doors and windows to be weatherstripped and add 10 percent.



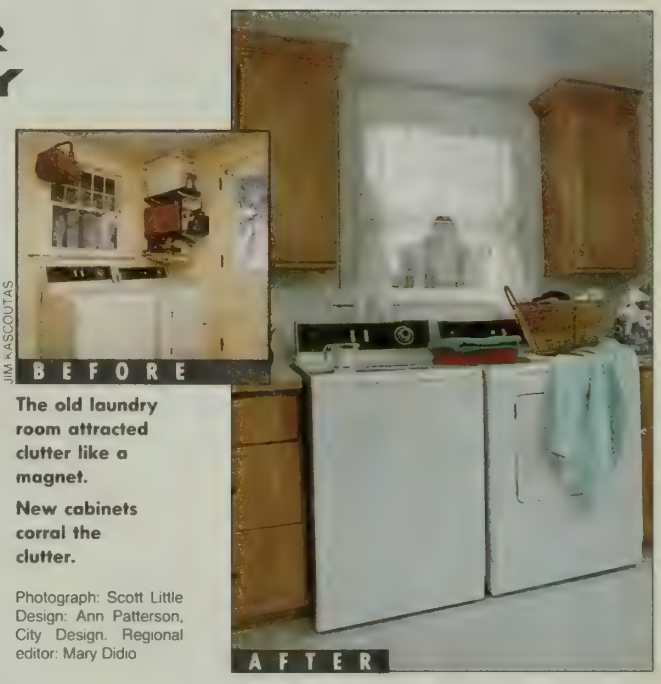
5 mg. "tar," 0.5 mg. nicotine av. per cigarette by FTC Metho

BRIGHTEN UP YOUR CATCHALL LAUNDRY

Treat your laundry area to some brighteners to wipe out the washday blahs. Here, new cabinets, a fresh coat of paint, easy-care vinyl flooring, and frilly curtains give this laundry room a fresh spin.

Because the location of the appliances was convenient, the homeowners decided to work around the washer and dryer. The cabinets flank the washer and dryer for a clean, built-in look. The base cabinets also provide bonus counter space for folding and sorting clothes. A narrow strip of countertop even runs behind the appliances to keep ornery socks from playing hide-and-seek.

Laundry soaps and detergents hide behind cupboard doors. Drawers and shelves keep everything from appliance manuals and household gadgets to grocery sacks organized and easy to find.



JIM KASCOUTAS

The old laundry room attracted clutter like a magnet.

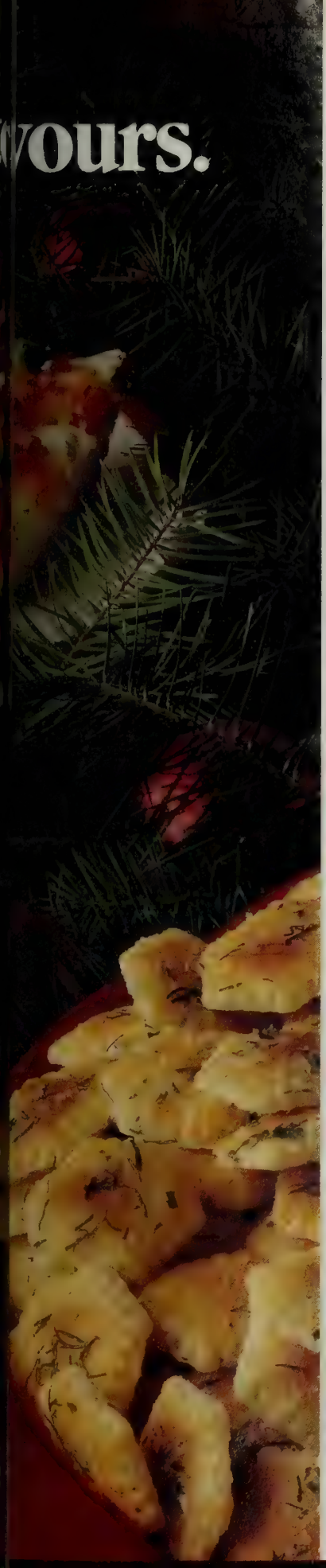
New cabinets corral the clutter.

Photograph: Scott Little
Design: Ann Patterson, City Design. Regional editor: Mary Didio



RILLARD 1990


From our home t
Hidden Valley Ranch
ORIGINAL
RANCH
SALAD DRESSING MIX



Traditional Hidden Valley Ranch holiday favorites.

Enjoy these delicious holiday favorites from the folks in Hidden Valley, easy recipes that may be new to your family, but are time-honored traditions to ours.

Hidden Valley Ranch Cheese Fingers

2 small loaves french bread (8 oz. each), cut in half lengthwise
8 oz. cream cheese or Neufchatel cheese
1 envelope (1.0 oz.) Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
4 cups assorted toppings (i.e., chopped onions, peppers, grated cheese)

Slice bread crosswise into 1-inch fingers, leaving attached. Mix cream cheese and salad dressing mix together. Spread on bread. Pile on toppings. Broil until brown and bubbly. Makes about 4½ dozen fingers.

Pictured top

Hidden Valley Ranch Buffalo Wings

24 chicken wings/drummettes
1 envelope (1.0 oz.) Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
⅓ cup margarine, melted
¼ cup hot pepper sauce (less, if desired)
3 tablespoons vinegar
½ teaspoon paprika

Preheat oven to 400°F. Dredge chicken in salad dressing mix. Dip in mixture of margarine, pepper sauce and vinegar. Arrange on baking pans and sprinkle with paprika. Bake 25-30 minutes. Turn, sprinkle with paprika and bake at 450°F for 20-25 minutes, or until brown.

Serving suggestion: Prepared Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix and celery sticks.

Pictured lower left

Hidden Valley Ranch Oyster Crackers

¾ cup salad oil
1 envelope (1.0 oz.) Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
½ teaspoon dill weed
¼ teaspoon lemon pepper
¼ teaspoon garlic powder
12-16 oz. plain oyster crackers

Whisk together the first five ingredients. Pour over crackers, stirring to coat. Place on baking sheets and bake at 275°F for 15-20 minutes. Makes 11-12 cups.

Pictured bottom right

MANUFACTURER COUPON | EXPIRATION DATE: 3/31/91

Save 50¢

on two Hidden Valley Ranch® Salad Dressing Mix packets
(good on 2 single packs or 1 twin pack)

5 71100 21024 3 352 443

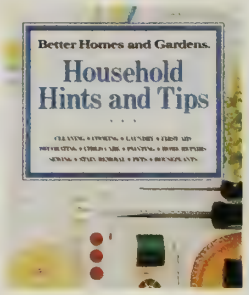
RETAILER As our agent for redemption you will be reimbursed in accordance with the HVR Company's redemption policy. To redeem this coupon or to request a copy of our redemption policy, send to: The HVR Company, CMS Dept. 44600, 1 Fawcett Drive, Del Rio, TX 78840. Void if reproduced. Offer void where prohibited, taxed or required to be licensed by law. CONSUMER Only one coupon of any type may be used with the purchase of the specific product and size indicated. You must pay all applicable sales tax.



©1990 The HVR Co.



NEW. The New Houseplants Book. A complete guide on how to select and care for 150 houseplants. A great choice for beginners or intermediate plant enthusiasts.



NEW. Household Hints and Tips. 3,670 clever, time-saving hints on everything from laundry to child care to pets. Includes "Green Leaf" symbol on tips which promote a cleaner environment.



NEW. New Decorating Book. Creative decorating ideas ranging from the newest trends to classic styles. 550 color photos show decorating from curtains to colors to furniture.

All books are hardcover, contain color photos and are available wherever books are sold.

New ideas to help make your house a home.

Better Homes and Gardens BOOKS

BETTER IDEAS

Peel all of the potatoes.

In two separate mixing bowls mash the white potatoes and the sweet potatoes with an electric mixer on low speed till smooth, adding *1 tablespoon* of the margarine or butter to each. Beat egg white and onion powder into white potatoes. Beat the egg yolk and orange peel into the sweet potatoes. Season both potato mixtures with *salt* and *white pepper* to taste.

Line a baking sheet with foil; spray with *nonstick spray coating.* Using a wooden spoon, spread about *¼ cup* of the sweet potato mixture into a 2½- to 3-inch nest on the foil. Repeat with the rest of the sweet potato mixture, making 8 nests total.

Spoon the white potato mixture into a pastry bag fitted with a decorative tip. Pipe white potato mixture into the center of the sweet potato nests. Loosely cover nests with plastic wrap and chill for 2 to 24 hours.

At serving time, drizzle the melted margarine or butter over the potato nests. Bake the nests, uncovered, in a 500° oven for 10 to 12 minutes or till golden. (Or, broil potato nests 4 inches from the heat about 7 minutes.) Let stand for 1 to 2 minutes. Use a wide spatula to carefully transfer the nests to dinner plates. Makes 4 side-dish servings.

Nutrition information per serving: *331 cal., 6 g pro., 48 g carbo., 13 g fat, 68 mg chol., 170 mg sodium, 6 g fiber. U.S. RDA: 467% vit. A, 56% vit. C.* F&G

FOOD

POSH POTATOES TO MAKE AHEAD

One potato? No. Two potatoes? Yes! A colorful blend of sweet potatoes and white potatoes shows off in this elegant side dish.

TWO-TONE POTATO CUPS

Serve these alongside slices of roast pork or beef. Bake or broil the made-ahead potato cups while you carve the meat—

- **3 red-skinned medium potatoes (1 lb.), cooked and drained**
- **2 medium sweet potatoes (1 lb.), cooked and drained**
- **2 Tbsp. margarine *or* butter**
- **1 egg white**
- **¼ tsp. onion powder**
- **1 egg yolk**
- **½ tsp. finely shredded orange peel (optional)**
- **2 Tbsp. margarine *or* butter, melted**



Serve everyone's favorite vegetable, all dressed up.

Make It Chocolate!

with HERSHEY'S and EAGLE® BRAND



FUDGE TRUFFLE CHEESECAKE

(Makes one 9-inch cheesecake)

- **Chocolate Crumb Crust (recipe follows)**
- **2 cups (12-ounce package) HERSHEY'S Semi-Sweet Chocolate Chips**
- **3 packages (8-ounces each) cream cheese, softened**
- **1 (14-ounce) can EAGLE® BRAND Sweetened Condensed Milk (NOT evaporated milk)**
- **4 eggs**
- **2 teaspoons vanilla extract**

Heat oven to 300°. Prepare Chocolate Crumb Crust; set aside. In heavy saucepan, over very low heat, melt chips, stirring constantly. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add melted chips and remaining ingredients; mix well. Pour into prepared pan. Bake 1 hour and 5 minutes or until center is set. Cool; chill. Refrigerate leftovers.

Chocolate Crumb Crust: In medium bowl, combine 1½ cups vanilla wafer crumbs, ½ cup powdered sugar, ⅓ cup HERSHEY'S Cocoa and ⅓ cup melted butter or margarine. Press firmly on bottom of 9-inch springform pan.



BORDEN IF IT'S BORDEN-IT'S GOT TO BE GOOD

© Borden, Inc., 1990

HERSHEY'S

© 1990 Hershey Foods Corporation


Holiday Feast
Enjoy Your Holiday Feast with Butterball® Turkey, Steero® Bouillon, Idahoan® Mashed Potatoes, and Chiffon® Multi-ply Napkins.
BUTTERBALL
YOUNG TURKEY
idahoan
STEERO
STEERO
Chiffon
Dinner Napkins

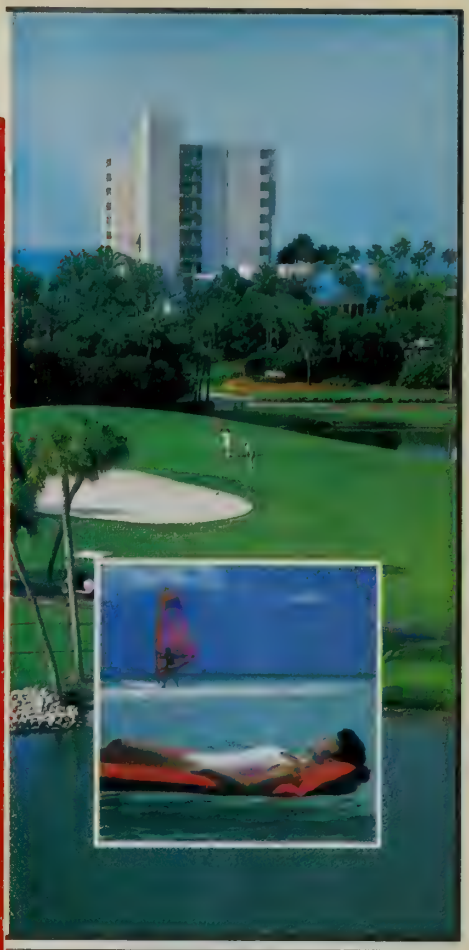


Purina
Helping pets live longer, healthier lives
® © 1990, Ralston Purina Company

DISCOVER A NEW WORLD OF SNACKS

Your dog will howl with delight when he discovers you've brought him home the great tasting Purina Snacks dogs love: Purina® Beggin' Strips®, Ribz®, CheeseDawgs® and Purina Hearty Chews® Brand Dog Snacks.





r

Save Up To 60%

Call Toll Free 1-800-368-3153

CHINA

FACTORY FIRST QUALITY

Prices are for 5 Piece Sets

Gorham		**Doulton**	
Ariana	49.50	Carlyle	109.50
Black Contessa	99.50	Princeton	69.50
Noritake		Harlow	99.50
Shenandoah	49.50	Albany	69.50
Barrymore	49.50	Sherbrooke	79.50
Rothschild	42.50	**Minton**	
Golden Cove	47.50	Bellemeade	64.50
Pacific Majesty	59.50	Jasmine	84.50
Gold & Sable	59.50	**Crown Derby**	
Aynsley		Carlton Blue	109.50
Cottage Garden	49.50	Derby Border	149.50
Pembroke	79.50	Old Imari	399.50
Leighton Cobalt	89.50	**Wedgwood**	
Lenox		Runnymeade	109.50
Rutledge	134.50	Amherst	74.50
Autumn	149.50	Bianca	119.50
Charleston	69.50	Osborne	99.50
Liberty	78.00	**Rosenthal**	
Spode – Worcester		Frederick	99.50
Christmas Tree	39.50	Eminence Cobalt	329.50
Evesham (6 piece)	37.50	**Hutschenreuther**	
Consul	122.50	Fleur de Lis	58.50
Mountbatten	133.00	White Baronesse	42.25

' patterns and open stock pieces:

CRYSTAL

	Goblet or Champ.	Gorham	Goblet or Champ.
	Baccarat	Lady Anne	17.00
	Massena	84.50	Cherrywood	19.50
	St. Remy	41.50	King Edward	17.00
	Montaigne	40.00	Laurin Gold	11.00
	Orrefors		Lolie	15.00
aby Cups	Prelude	32.50	Diamond	15.00
nny Cup 49.50	Illusion	27.50	Lady Madison	18.00
up 49.50	**Mikasa**		**Royal Doulton**	
rrel Cup 59.50	Arctic Lights	19.25	Westminster	30.00
	Olympus	19.25	Hampstead	30.00

ice. To order Call Toll Free 800-368-3151. Give us your major credit) and your order will be sent out by UPS. Shipping charges charges eck just mail your check to the address below.

y Road, Suite 100, Chantilly, Va. 22021
Call Toll Free: 800-368-3153

As I See It #13 in a series
Hans Neleman
"Visiting Venus"
Box Art



THE BOLD LOOK
OF KOHLER®

Some people sure know how to get it together. To wit: the eye-pleasing aspect of our matching Alterna™ outlet access plate. All those stunning little insets are changeable. We're talking megalook. Even on the wall switch. See Yellow Pages for a Kohler® Registered Showroom. For complete product portfolio and idea book, send $8 to Kohler Co., Dept. C90, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. 903.

©1990 Kohler Co.

PILLOWS 'N' PANES
Add a windowed nook



BAYSIDE RETREAT



Need a bright spot in your day? Frame your favorite window with a pillowed perch, then lean back and let the light work its magic. Contemplate the view. Read to the baby. Dream a little.

Slip a windowed nook into your work area, then let the sun warm your back while you take a load off your feet. The bow-shaped bay in this kitchen eating area skirts a pillow-lined bench, inviting the cook—or cook's helpers—to take a break from KP duty. A tiled ledge at each end forms a pedestal for potted greenery. Miniblinds control glare.

continued on page Z4

 continued from page Z3



ARCHITECT: DUO DICKINSON PHOTOGRAPHY: D. RANDOLPH FOULDS REGIONAL EDITOR: ESTELLE BOND GURALNICK

SOFT LANDING

Life has its ups and downs, but also nice surprises at every turn. On the way upstairs in this house you happen upon a cushy corner that's sized just right for cozy get-togethers. It's a favorite haunt for kids because it lets them eavesdrop on the grown-ups without being underfoot. Also, they can indulge the fantasy of being neither here nor there but somewhere in between.

Nature supplies the general lighting on this landing via the big twin window on the right, plus peekaboo views through the transom on the left. The padded bench stores toys and books; it's topped with a hinged lid.



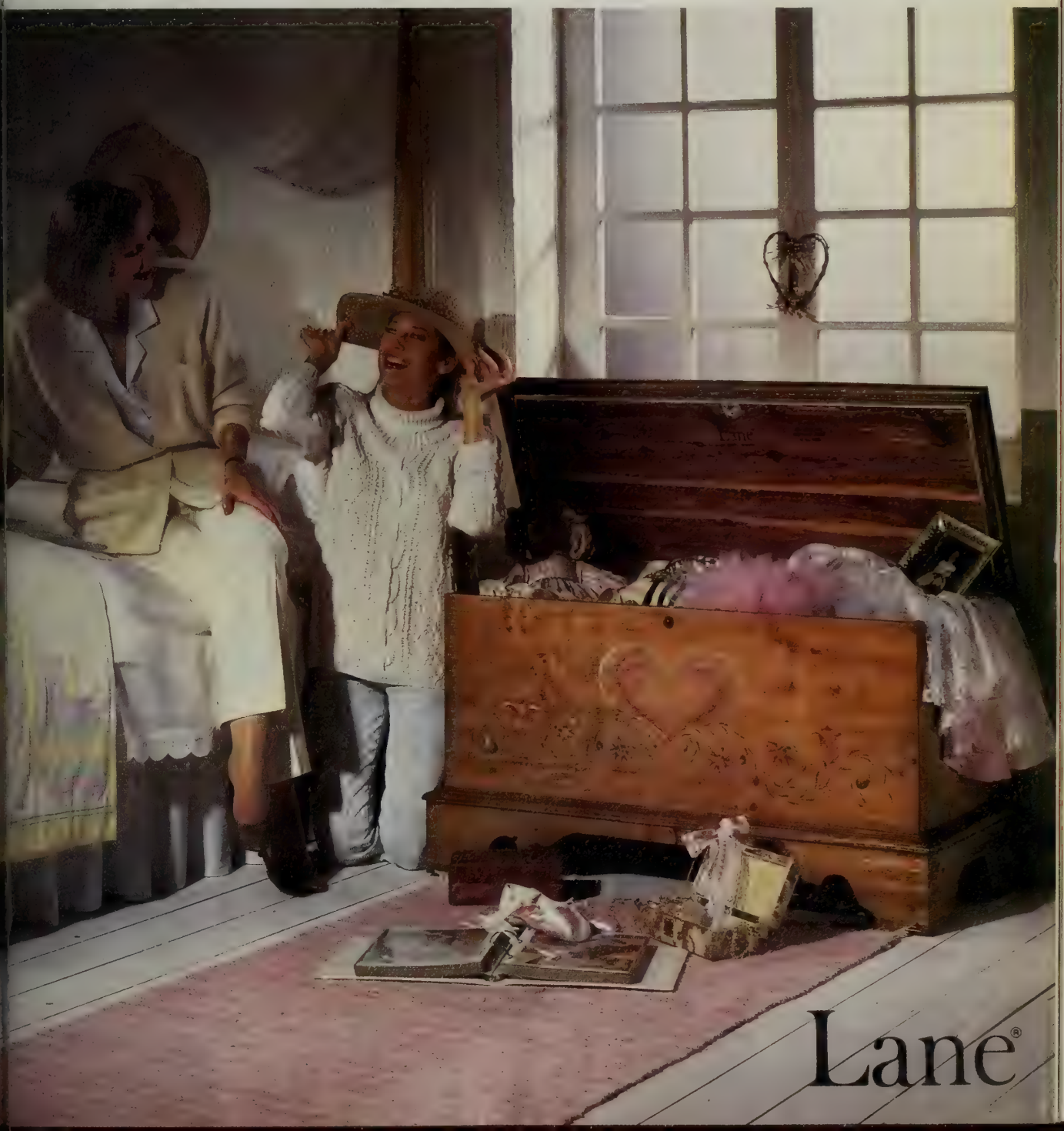
ARCHITECT: THOMAS E. GRANGER PHOTOGRAPH: MIKE JENSEN REGIONAL EDITOR: TRISH MAHARAM

BLUE-SKY BANQUETTE

Flights of fancy take off without a hitch when you launch them from a cushioned pad at the top of the stairs. Here, simple boxing frames the gable window in an attic master suite, playing up the boundless blue skies beyond. Plain geometry in the boxing echoes the window sash, and the broad bench repeats the horizon line. Ledges at each end provide backrests. Lighting hides in the soffit above.

Keep your memories in a place as beautiful as they are.

Keep them in a genuine Lane Cedar Chest here they'll be kept as fresh and new as the ay they went in. Our chests are mothproof, roma tight and built with the finest mater- ls. So that not only will you have a place to nerish your treasured possessions, you'll also cherish your cedar chest. There are more than 100 styles, priced from $200. For a brochure of many popular styles, send $1 to: The Lane Company, Inc., Dept L110, Altavista, VA, 24517-0151. Shown No. 2592 Bountiful.



Lane®

SHOPPING THE NEW CAMCORDERS

Camcorders pack more features into smaller packages these days, and they're becoming easier to use. When you shop, evaluate more than just price and features. Test several cameras to see how they feel in use. Do they fit your hand and eye comfortably? Are the buttons easy to reach and operate? What features will you really use?

Here's a rundown of your choices.

THREE FORMATS

There are three basic formats: VHS, VHS-C, and 8 mm.

VHS

The granddaddy of them all, the VHS format uses full-size cassettes, allowing two to six hours of taping, and plays through a regular VHS/VCR. The machines are hefty, often more than 7 pounds with battery and tape.

Super-VHS (S-VHS), a newer, more expensive version, has better picture detail, but you'll need a high-resolution TV to see any difference. These tapes will run on a regular TV.

Pro: Long-playing tape time, VCR/TV compatibility.

Con: For some folks, awkward size and weight.

Prices: From about $800 to $2,300.

VHS-C

At less than 3 pounds, this is the lightweight version of VHS. By reducing the cassette size, manufacturers reduced the camcorder size. A $15 adapter lets you play these cassettes on a standard VHS/VCR.

Pro: Most units weigh only 3 pounds (including the battery).

Con: Recording time is limited to 20–30 minutes at normal speed and 1 hour at slow speed. The slow speed usually reduces picture crispness, and the audio may suffer, too.

continued on page Z8



▲ **RCA CC415 VHS comes with carrying case and telephoto accessory lens: about $1,149.**



▲ **Sony CCD-F77 8 mm Handycam includes a remote control for easy TV viewing: about $1,500.**



▼ **Zenith VM6400 VHS-C camcorder makes compact efficiency a reality with a cinema mode, self-timer, time lapse, and animation: about $899.**

It bakes, broils, roasts and redecorates.



Instantly.

t even does dishes. Lasagna, for instance, in just onds.
t's the GE Spacemaker® Combo, a microwave/ ctric range duo that gives your kitchen a whole new k in minutes. Without the hassle of remodeling. nstall our new 30″ slide-in electric range in place your old one. For quick cooking convenience, l our Spacemaker® microwave/convection oven ve it.

You get a built-in look, in no time at all. Plus a remarkable variety of cooking options, from conventional to convection to microwave.

So, if your kitchen doesn't do much for you, call the GE Answer Center® service toll free at 800.626.2000. Ask for the name of a GE dealer near you. And check out the Spacemaker® Combo.

There's no quicker way to a more tasteful kitchen.

We bring good things to life.

Best kitchen idea since running water.



Imagine 190° cooking hot water. Instantly. Right at your sink.

Ready when you need it for any food preparation that calls for boiling water. From fresh ground filter drip coffee, tea, soups and cereals, to gelatins, gravies, peeling tomatoes, and blanching vegetables.

The uses are endless.

Really economical, too. Costs only pennies a day to use.

Put more convenience and style in your kitchen with a Steamin' Hot dispenser. GN and HC Models are now available in white, almond, and black designer colors.

Call **1-800-421-5111** for the dealer nearest you. Or write: Dept. JK, 4700 21st Street, Racine, WI 53406-5093.



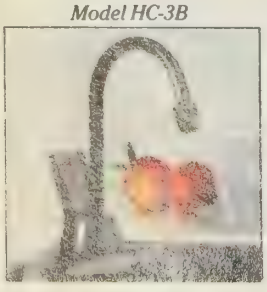
A super-heated water system and dispenser-in-one. Compact tank fits neatly under the sink. Connects to the kitchen's cold water line. Plugs into standard household outlet.

IN-SINK-ERATOR®

STEAMIN' HOT®

No kitchen is complete without it.

Model HC-3B



Model H-770



Model HOT-1



SHOPPING THE NEW CAMCORDERS

continued from page Z6

To offset limited recording time, you can combine tapes later using your VCR and camcorder. You might record a wedding ceremony on a 20-minute tape, for example, then use another tape or two for the reception.

Prices: From about $900 to $3,800.

8 mm

Camcorders and cassettes for 8 mm are about the same size as the VHS-C.

Pros: You'll tote only about 2½ to 3 pounds of camcorder. You have longer tape time, up to 2 hours, and running 8 mm at slow speed doesn't cut down on picture quality.

Cons: Without an 8-mm VCR, you'll have to run tapes through your camcorder to the TV. That means hooking up the camcorder to watch a tape. To get around this, you can connect the camcorder to a VHS/VCR and copy the tape onto the VHS format, but you will lose some quality.

Prices: $1,000–$2,300.

STANDARD FEATURES

Most camcorders' special features run automatically. However, many offer a manual override so you can create your own special effects.

A zoom lens enables you to go from normal to telephoto shots with an average ratio of 8:1 (that is the difference between the longest shot and the closest shot). Look for the more powerful to hold picture steadiness.

Autofocus keeps the central image sharp, so you can concentrate on what you're recording.

Automatic white balance maintains normal colors under different lighting conditions. Without this feature, subjects shot under incandescent lighting could turn orange, while daylight would give them a blue cast.

Variable shutter speed matters only if you'll be shooting fast action such as races, or special slow-motion shots such as golf swings.

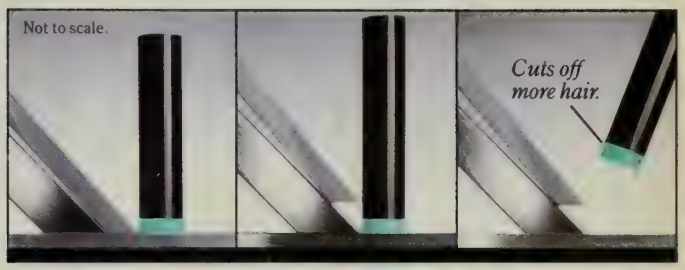
Fade lets you add a polished look to videos. You can fade a new scene in over the last scene, or bring up a new scene from a still frame, or you can

continued on page Z10

IF YOU THINK YOU'RE ETTING THE PERFECT SHAVE, YOU'RE NOT EVEN CLOSE.



This new standard of shaving excellence was achieved through major improvements in virtually every area



More hair enters the chamber of the improved "Lift and Cut" system. *Improved system lifts and exposes additional hair.* *Improved system cuts hair even closer.*

of the Norelco patented "Lift and Cut"™ system. The comb slots have been redesigned so hair growing at any angle can be quickly directed to the blades. The cutting system has been engineered to shave even closer without the blades touching your skin. And an improved bearing mechanism delivers a more consistent, smoother cutting action.

Together, these engineering advances shave you closer than ever. Yet not one iota of comfort has been lost. Rather, you've gained a new level of closeness and comfort.

Experience this exceptional shave for yourself. Once you do, you'll never come close to being satisfied with anything else.

THE NEW NORELCO SHAVES OSER THAN EVER WITH THE SAME REDIBLE COMFORT.

It's one thing to think you're getting rfect shave. It's another g to actually get one. v you can. The revolutionary new Norelco® razor lets you shave even closer without the slightest sacrifice of the legendary Norelco comfort.



nd Cut" laser- on our heads is assurance of elco's patented rformance.





Norelco®

A NEW LEVEL OF CLOSENESS AND COMFORT.

© 1990 Norelco Consumer Products Company,
A Division of North American Philips Corporation, Stamford, CT 06904

© 1990 Raynor Garage Doors



10 years, seven cars (five domestic, two imports),

two stock market crashes,

two yard sales, 2.3 children,

six rooms of furniture,

one Raynor™ Decade™ Garage Door.

RAYNOR DECADE DOORS
WARRANTED FOR AS LONG AS YOU OWN YOUR HOME.

No matter what happens in the years ahead, the beauty and reliability of a Raynor Decade garage door is warranted to last as long as you own your home. Warranty applies to door sections, not hardware. For the Raynor distributor nearest you, call 1-800-545-0455.

SHOPPING THE NEW CAMCORDERS

continued from page Z8

fade to a dark screen and gradually bring the picture back to a new scene.

Time/date buttons enable you to print the time and date on your tape.

Review lets you see the last few seconds you just taped.

Low-light ratings indicate the amount of light you need to obtain a clear, crisp picture. The lower the number, the better the picture. Because there are no standards for these ratings, comparisons among brands may not mean much.

Flying erase heads allow clean transitions from scene to scene. Some even allow you to dub in either video or audio sections and maintain crisp, clean transitions.

NEW FEATURES

Newer, more sophisticated gadgets will increase the price, but costs should decline as more manufacturers offer them. We've listed specific manufacturers and models if a feature is limited to that manufacturer only.

Color viewfinders (Sharp VL-L285U) can help you judge color balance before shooting. Most cameras have black-and-white viewfinders.

Editing features are almost as varied as the number of camcorders. Some offer character generators to put titles and credits on your video as you record. Some let you shoot a sign and superimpose it on a recorded scene. You can even add graphics in color for titles and other special features. Or, there's the ultimate editor that allows you to scroll the title, just like the rolling credits in a Hollywood movie.

Indexing sets an electronic mark every time you start a new taping session. These marks are readable by your VCR and enable you to fast-forward to sections more quickly.

Self-timers put you in the picture, too. Just like 35-mm cameras, you mount the camera on a tripod, set the timer, and join in the fun before the tape starts rolling.

Accessory outlets include a hot-shoe for mounting lights on the camera. Consider a headphone jack for auditing sound as you record.

Digital mosaic fade allows fading with mosaic picture images giving you a montage-type picture.

Mirror effect can mirror the action of the left side onto the right side.

Strobe lets you shoot an image every one-fifth second for special effects.

Switch Hitter (only on Panasonic PV-602, PV-604, PV-610) is styled for families with left- and right-handed operators. Major controls are located on a center grip designed with a unique swiveling viewfinder.

Rotating grip (only on Canon EO6) allows you to place the grip in several positions. This can come in handy when photographing children or events from awkward angles.

Time-lapse recording records one second each minute for breathtaking sunsets or enchanting slow-motion flower openings.

No-jitter and fuzzy logic are the hottest new add-ons. Both keep the picture in focus and stable even if the person operating the camcorder isn't. Or, you can zoom in for a close-up while maintaining a clear focus.



DOLLS TO HOLD ONTO THROUGH THE YEARS.

Corolle dolls. As special as the little girls who can't let go of them. Created and hand-crafted in France, they're delicately beautiful, yet designed to be hugged, loved and played with for years and years.

And since little girls come in all ages and sizes, so do our dolls. Give your special little girl a doll to love through the years. Corolle dolls. So beautiful they should be kept in a very special place. Your daughter's arms.

Corolle®

For the store nearest you, call 1-800-421-2887.

© 1990 Corolle, Inc. Manufactured for Timeless Creations, The Collectible/Specialty Doll Division of Mattel, Inc. All Rights Reserved.

The first thing we did was sit down and talk about my i

All the decisions were made in my home.

Decorating a home can seem overwhelming at first. You can literally go through thousands of swatches in many different colors, patterns and styles before making any decisions. And choosing the right combination for your home isn't that easy.





When Maria Featherston called JCPenney Custom Decorating, she already had a few ideas for her new home. "The first time Linda Wilson, my decorator, came to my home, she listened to me. She worked very hard to get a good feel for what I wanted before she made any suggestions.

"I was looking for a contemporary look. And I wanted things to remain very light and airy. We started with the blinds. To create an even flow throughout the house, we



Linda Wilson, Decorating Consultant
JCPenney Custom Decorating



Mrs. Maria Featherston with husband Gary and daughter April. Carmel, Indiana.



I needed a little reassurance. I really learned to trust her.

used verticals across the entire front and mini blinds across the back. Everything was designed to give the house a maximum amount of light in the daytime, but privacy at night.

"In the master bedroom we covered the vertical blinds with my own material. In fact, Linda even suggested we use my wallpaper on the blinds in the dining room. It turned out great!

"My daughter's room is completely coordinated. Everything from the window seat and draperies, to the custom bedspread and throw pillows. Each room really took on its own personality."



When you schedule an appointment with the professionals at JCPenney Custom Decorating, a decorating consultant will come to your home at your convenience. And at no charge. We will help you narrow down the options and provide decorating solutions that fit your personal style. We can help bring fashion to life in your home.

CALL FOR A COMPLIMENTARY IN-HOME CONSULTATION

1 - 8 0 0 - 5 4 3 - 5 4 3 6

JCPenney Custom Decorating

ADOPTING ART
How to make it part of the family



PHOTOGRAPHS: JAY GRAHAM. DESIGN: REBECCA BRADLEY

Contemporary paintings settle in amicably with traditional furnishings.

When canvas after canvas parades gallery-style across stark white walls, even the warmest art collection can bring a cold, hard edge to your home. These collectors avoided a chilly museum feeling by integrating contemporary paintings into the home's surroundings, not by isolating them. Follow these tips to help you get comfortable with your art collection:

Cure with color. White or monochromatic gray is the usual scheme for walls lined in art. To avoid the institutional atmosphere, these homeowners chose dual paint colors in soft, burnished tones.

Cozy up with cushions. An artful home doesn't require furnishings that look and feel like steel sculpture. Traditional upholstered seating—a classic wing chair and plump sofas—provides an inviting vantage point for enjoying your art. The soft seating and traditional shapes contrast with the modern art, an unexpected mix that casts both in a new light.



REGIONAL EDITOR: BARBARA CATHCART

Soft, textured furnishings balance the sharp-edged, sleek-surfaced paintings.

Design underfoot. When your walls are graced with art, don't be afraid to use pattern elsewhere in the room. A mix of patterns can add interest to the room without fighting the strong art. Patterns may even soften vibrant art. Here, two delicate, petit point rugs warm the dark wood floors physically and visually.

Include object lessons. Art, however good, doesn't erase the need for accessories. Support your art with other personality-revealing accessories. It's the little things, a splash of favorite flowers and the objects on the cocktail table, that give this room individuality. A gathering of family photographs on a tabletop or, perhaps, a child's framed drawing will remind visitors and friends that your room is not just for looking, but for *living.*

you cook, we'll help clean up.



delight in creating meals your family and
ds rave about. But you could sure use a hand
the mess that's left when you spill and
ter your way to a new masterpiece.

an ranges combine the precise cooking control
ficient natural gas with exceptional cleaning
renience, so foods are done to perfection time
time. And you don't waste time scrubbing
scouring while you should be taking bows.

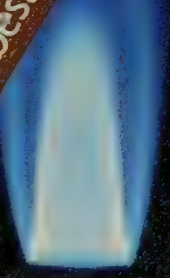
ite-control burners lift with the rangetop so
there's nothing in the way when you clean below.
The fully automatic self-cleaning gas oven is
digitally controlled for exact time and temperature
settings. And the seamless backsplash and spill
control top keep little accidents from becoming
major cleaning challenges.

Tappan. The range of choice for people who
care about cooking. Because even after
dinner, we're right there helping out in
the kitchen.

ur free copy of the "Tappan Gas Range Collection" brochure, call us toll free at **1-800-537-5530.**

TAPPAN
Precision Cooking Machines

Gas. America's best energy value.



Gas. The number one
choice of America's cooks.

American Gas Association

BUSINESS FURNITURE COMES HOME FROM THE OFFICE

It's a well-kept secret, but you can often buy the same hardworking furnishings that architects and designers use in their commercial work. These goods, ranging from hand-screened wall coverings to carpets to sofas, are referred to as *contract* rather than *residential* furnishings. Constructed of hardwoods, metals, and sturdy fabrics that won't fade or stain, the appeal of contract furnishings lies mainly in their clean-lined good looks and durability.

Cost analysis. Contract furnishings are expensive, but their high-quality design and construction mean you will get a long-term payback on your investment. Generally, you will pay two to three times more for contract than for residential furnishings. For example, this table and six chairs cost about $6,000. The buyers, parents of young children, consider them a good deal because the pieces look good enough for company, but can stand up to the kids' messy projects as well.

Where to buy. Most homeowners buy contract furnishings through architects and designers, but you can go it alone. The first step? Visit quality office-furniture stores in your area. Although most of these companies are accustomed to dealing with corporate clients who order large numbers of items, many will sell to individuals.

How to buy. Office supply firms may let you look at their product catalogs, but most aren't staffed to help individual homeowners make furniture selections. If you know what you want and are simply asking the store to place an order for you, chances are you will receive the kind of discount normally offered to regular commercial clients.



PHOTOGRAPH GORDON BEAL DESIGN SKIP SROKA FOR DESIGN SERVICES

Bring home the clean-lined good looks and durability of boardroom furniture.

Contract can mean style. Business-oriented though they are, contract furnishings don't necessarily look like stuffy boardroom staples. Items such as a luxurious leather sofa, a venerable wooden desk, or a classic steel-and-leather lounge chair stand out fashionably at home. Most designs stick to classic styles, clean lines, and simple materials.

—With LuAnn Brandsen

The home she'll always treasure,
for the doll she's always loved.

The Barbie Magical Mansion.



Requires assembly. Dolls not included.

BUSINESS FURNITURE COMES HOME FROM THE OFFICE



Bring home the clean-lined good looks and durability of boardroom furniture.

It's a well-kept secret, but you can often buy the same hardworking furnishings that architects and designers use in their commercial work. These goods, ranging from hand-screened wall coverings to carpets to sofas, are referred to as *contract* rather than *residential* furnishings. Constructed of hardwoods, metals, and sturdy fabrics that won't fade or stain, the appeal of contract furnishings lies mainly in their clean-lined good looks and durability.

Cost analysis. Contract furnishings are expensive, but their high-quality design and construction mean you will get a long-term payback on your investment. Generally, you will pay two to three times more for contract than for residential furnishings. For example, this table and six chairs cost about $6,000. The buyers, parents of young children, consider them a good deal because the pieces look good enough for company, but can stand up to the kids' messy projects as well.

Where to buy. Most homeowners buy contract furnishings through architects and designers, but you can go it alone. The first step? Visit quality office-furniture stores in your area. Although most of these companies are accustomed to dealing with corporate clients who order large numbers of items, many will sell to individuals.

How to buy. Office supply firms may let you look at their product catalogs, but most aren't staffed to help individual homeowners make furniture selections. If you know what you want and are simply asking the store to place an order for you, chances are you will receive the kind of discount normally offered to regular commercial clients.

Contract can mean style. Business-oriented though they are, contract furnishings don't necessarily look like stuffy boardroom staples. Items such as a luxurious leather sofa, a venerable wooden desk, or a classic steel-and-leather lounge chair stand out fashionably at home. Most designs stick to classic styles, clean lines, and simple materials.

—With LuAnn Brandsen

The most special Barbie. For the most special time of the year.

Happy Holidays Barbie.





The limited edition 1990 Happy Holidays® Barbie® doll. A gift that will make this holiday season live forever in your child's memory.



Nothing can equal the joy and wonder your little girl will feel when she sees this beautiful, sparkling home designed just for Barbie and her.

The Barbie® Magical Mansion™ has so many magical features. The phone actually rings. There's a chandelier and vanity that really light up, and a working blender. Even a glowing fireplace for cozy, stay-at-home evenings.

The whole house is beautifully decorated, with wallpaper and special Sweet Roses® furniture. And its solid hardboard construction means the magic will last for years to come.

For the store nearest you, please call toll-free 1-800-421-2887.

The Barbie Magical Mansion. Big enough to hold all your little girl's dreams.

The 1957 Chevrolet Bel Air



lel shown smaller than 8½" actual length.

A Meticulously Engineered Die-cast Metal Replica of One of America's Greatest Cars.

vas the last of the classic Chevrolets... most desirable American car of the 50's...the 1957 Chevrolet Bel Air.

many Americans, some of their most morable times were spent in or near car. Known for its dazzling style, ele- it engineering, and brute power, the Chevy embodies the spirit and enthu- sm of the 1950's.

w, you can own a remarkably detailed lica of this fabled classic car.



ith doors open smoothly, as does the hood. The front wheels turn with the steering wheel.

Hand-assembled...even hand-waxed!

Over 150 scale parts go into the making of this highly authentic replica in the large 1:24 scale. All the important components — the body, chassis, drivetrain and engine block — are crafted in metal.

Each metal part is polished before painting. Every single component is inspected before the replica is assembled by hand. When at last a replica is complete, it is hand-waxed before being released for shipment.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores.

Send no money now. Simply return the Reservation Application. The price of $88.50 is payable in three monthly installments of $29.50 each. If you wish, you may charge your installments to a major credit card.

Reservations are being accepted on a strict first-come, first-served basis. To avoid disappointment, please mail your reservation today.

RESERVATION APPLICATION

The 1957 Chevrolet Bel Air

Chevrolet

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my Reservation Application for the *1957 Chevrolet Bel Air*. I need send no money now. I will pay in three monthly installments of $29.50 each,* the first in advance of shipment.

My satisfaction is guaranteed. If I am not satisfied with my replica, I may return it within 30 days of receipt for prompt replacement or refund, whichever I prefer.

**Plus any applicable sales tax and $1.25 shipping and handling.*

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

Check here if you want each monthly installment charged to your:

☐ MasterCard ☐ VISA
☐ American Express ☐ Discover

_____
Credit Card Number Expiration Date

Signature _____

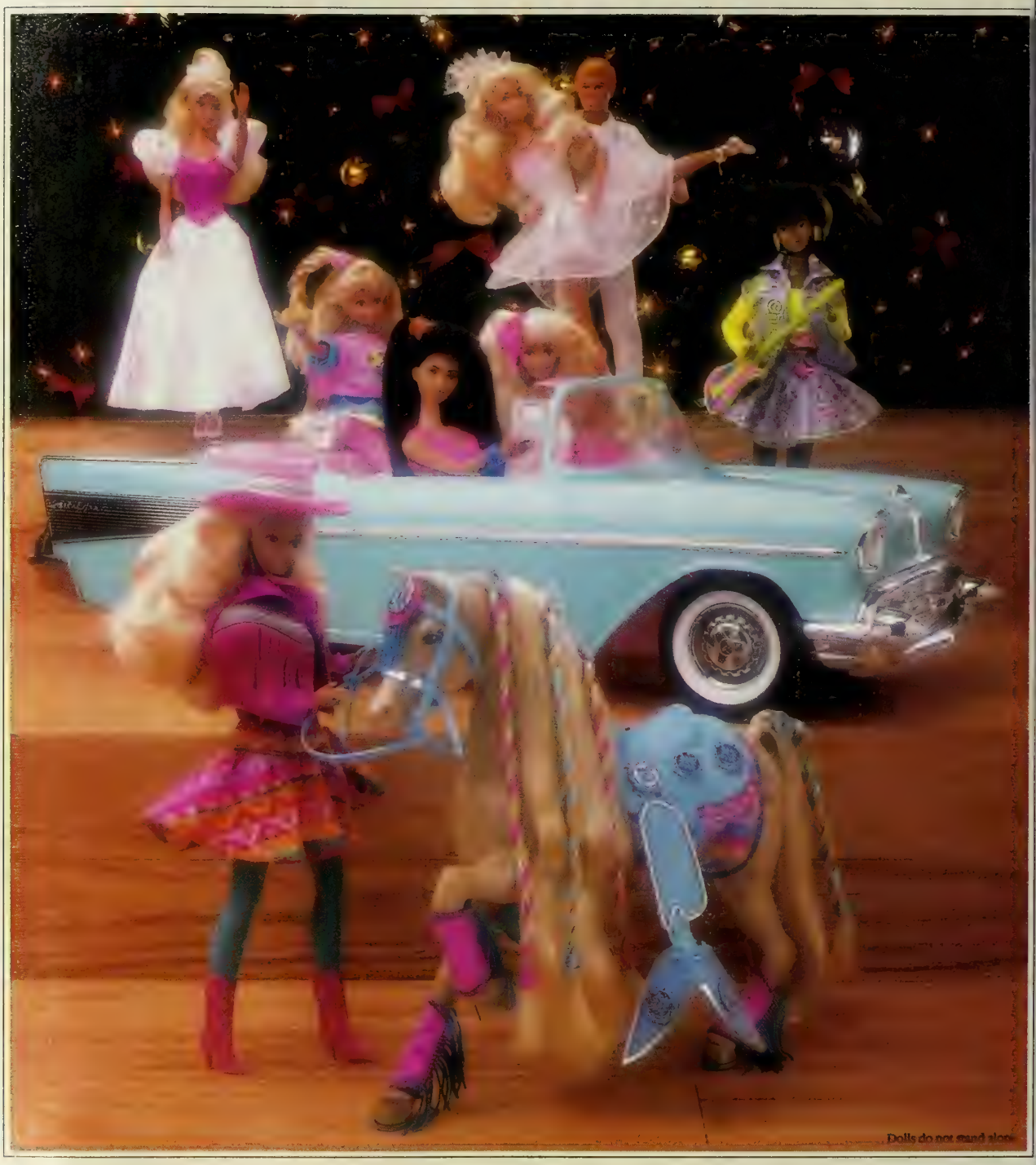
Allow 4 to 6 weeks after initial payment for shipment.

N324

Chevrolet trademarks are used under license from General Motors Corporation.

© 1989 MBI

The world of Barbie is as big as a child's imagination.



No wonder Barbie® is the world's favorite doll, with so many great friends and fun things to do. Everything from easy-to-dress My First Barbie doll to riding the range on a beautiful horse. Featured in foreground: Western Fun™ Barbie and Sun Runner™ horse. Background, from left to right: My First Barbie; Skipper®, Kira®, and Barbie in the Barbie '57 Chevy®; Dance Magic™ Barbie and Ken®; Barbie and the Beat™ Christie®. Dolls and accessories each sold separately.

This is the time to discover the exciting world of Barbie. Because wherever your little [illegible] gination can take her, Barbie dolls, fashions and accessories are there.

[illegible] Chevy trademark and associated Chevrolet emblems used under license from Chevrolet Motor Division, General Motors Corporation. © 1990 Mattel, Inc. All Rights Reserved.

The 1957 Chevrolet Bel Air



lel shown smaller than 8½" actual length.

A Meticulously Engineered Die-cast Metal Replica of One of America's Greatest Cars.

vas the last of the classic Chevrolets... most desirable American car of the 50's...the 1957 Chevrolet Bel Air.

many Americans, some of their most morable times were spent in or near s car. Known for its dazzling style, ele- nt engineering, and brute power, the Chevy embodies the spirit and enthu- sm of the 1950's.

w, you can own a remarkably detailed lica of this fabled classic car.



oth doors open smoothly, as does the hood. The front wheels turn with the steering wheel.

Hand-assembled...even hand-waxed!

Over 150 scale parts go into the making of this highly authentic replica in the large 1:24 scale. All the important components — the body, chassis, drivetrain and engine block — are crafted in metal.

Each metal part is polished before painting. Every single component is inspected before the replica is assembled by hand. When at last a replica is complete, it is hand-waxed before being released for shipment.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores.

Send no money now. Simply return the Reservation Application. The price of $88.50 is payable in three monthly installments of $29.50 each. If you wish, you may charge your installments to a major credit card.

Reservations are being accepted on a strict first-come, first-served basis. To avoid disappointment, please mail your reservation today.

RESERVATION APPLICATION

The 1957 Chevrolet Bel Air

Chevrolet

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my Reservation Application for the *1957 Chevrolet Bel Air*. I need send no money now. I will pay in three monthly installments of $29.50 each,* the first in advance of shipment.

My satisfaction is guaranteed. If I am not satisfied with my replica, I may return it within 30 days of receipt for prompt replacement or refund, whichever I prefer.

**Plus any applicable sales tax and $1.25 shipping and handling.*

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

Check here if you want each monthly installment charged to your:

☐ MasterCard ☐ VISA
☐ American Express ☐ Discover

_____
Credit Card Number Expiration Date

Signature _____

Allow 4 to 6 weeks after initial payment for shipment.

N324

Chevrolet trademarks are used under license from General Motors Corporation.

© 1989 MBI

"We're the richest coup in the world."





"We don't run some huge oil company or own a diamond mine. But we do have something that's more precious than anything else on earth.

"It's our family. Everything we do, we do for them. Walk into our home, and you'll see just what we mean.

"It's taken some work to make our home as warm and comfortable as it is for our family. But they're worth it. After all, they've made us the richest couple in the world."



Because nothing means more to you than your family, the Home Furnishings Council has prepared H A V E N Planning A Comfortable Home, a magnificent step-by-step planner with page after page of invaluable ideas, sensible plans and economical suggestions.

For your *free* copy of H A V E N, visit the home furnishings dealer displaying the Home Furnishings Council emblem. For the dealer nearest you, please call 1-800-521-HOME, extension 131.

© 1990 Home Furnishings Council

It all begins at home.

HOM
FURNISHIN
COUNCIL

FINISHING TOUCHES

Accessories That Make Your House a Home





PHOTOGRAPHS: PERRY STRUSE

Your sofa is in place, the chair looks inviting, and the lamp is plugged in. Still, something's missing. Could it be that you stopped decorating too soon? Consider the extra touches that fill in a room's blanks with instant personality.

By Robert E. Dittmer, Rebecca Jerdee, and Sandra S. Soria

FINISHING TOUCHES



PERRY STRUSE

Gather objects of affection in a close-knit group. *Inherited family furnishings, such as the table and rocker shown here, join hands with a friendly screen made from antique doors. Together, they corner some privacy in a room. Touch up your own similar arrangement with a pair of antique prints, tabletop treats (note the pretty peach potpourri and majolica), and an antique tapestry pillow.* **Buying information, page 76.**



Go to great panes with fabric. *What a difference a decorating da makes: Yesterday this bare-bones win dow seat invited no sitters. Today, wit a light-filtering fabric shade, a lyrica valance, and soft, cushioned seating, offers a cozy nook for reading and side table for tea and trinkets.*



PHOTOGRAPHS: JON JENSEN. DESIGN: JOHN AND ANITA VARME



FINISHING TOUCHES



Give barren walls gallery glory. *You may have the antidote for ho-hum walls hiding in albums or scattered about in old frames, unnoticed. Invite cherished family photos to a reunion, turning that blah spot into one that evokes a smile. For impact, outline loved ones with crisp, new frames.*



Entertain new ideas for the table. *Framed family scenes set aglow by twinkling tree lights and crystal coax a meal's mood down memory lane. Place your photos in the round so that no guest stares at a frame back.*

Buying information, page 76.

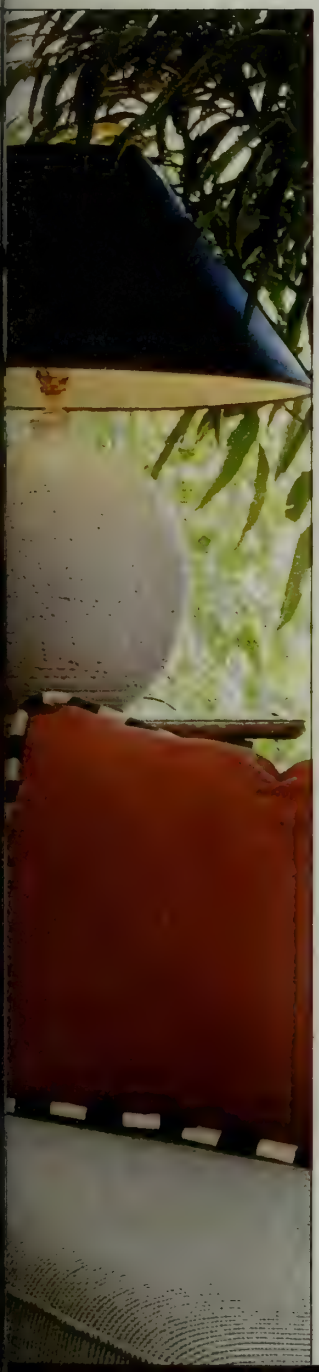


PHOTOGRAPHS: PERRY STRUSE



PHOTOGRAPHS: PERRY STRUSE DESIGN: JERRY BROWN

Transform lazy corners into hard workers. *Before, this corner looked good enough, but didn't pull its own weight in a small living room. Accessories that serve a duty while they add beauty saved the day. Slip in a writing table, an easy armchair, and well-placed cushions, for instance, and this underdeveloped area is at your service. If you don't have a ready bench to build around, create one fast with modular storage pieces or a vintage trunk.*



PHOTOGRAPHS: GENE JOHNSON. REGIONAL EDITOR: NANCY E. INGRAM





Improve your bedside manner. Is the same old nightstand with lamp putting your bedroom's style to sleep? Give it a wake-up call by corraling collectibles into a still life that says something about your real life. This rowdy roundup whoops it up about the owner's passion for western art. Surprise! A chair moves in as a bedside table. If you're letting a piece's expected function rein in your creativity, shuffle your stuff and have some fun. **Buying information, page 76.**



FINISHING TOUCHES

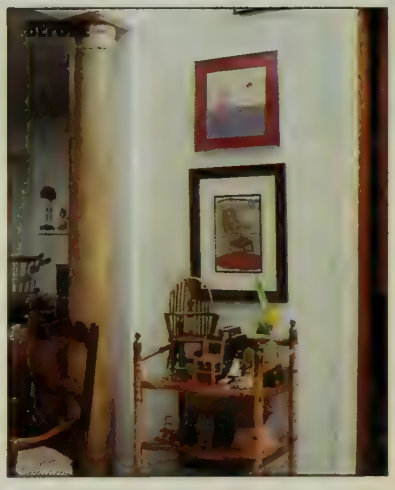
Make an entrance with welcome-home style. *Instead of hanging about as doors, these latticed bifolds step in as screens to separate the entrance from the rest of the room. For a light-and-airy entry, paint all of the friendly furnishings with white semigloss paint. Then, treat the wall to flat pastels and a soft farewell message.*



PHOTOGRAPHS: PERRY STRUSE.



PHOTOGRAPHS: GENE JOHNSON REGIONAL EDITOR NANCY E. INGRAM



Collections just want to have fun. *So, let them out of their boxes or tight, little shelf arrangements. Here, a multisize collection of chairs broke free from their boundaries to climb walls, perch on frames, create tabletop scenes (note how they were given a wider "stage"), and, in general, to enjoy more attention from passersby. If your collection is still under the bed, pull it out and get it back in the high life again.* **Buying information, page 76.**

ARMSTRONG CEILING SOLUTION #16



WANT TO MAKE YOUR FRIENDLIEST ROOM EVEN FRIENDLIER?

Top it off with a bright, white Armstrong Country Classic plank ceiling. Richly wood-grained, fashionably contemporary, Country Classic adds freshness and warmth to any room. And like most great-looking Armstrong ceilings, it's washable, fire-retardant, and easy to install.

For free literature, including "49 Armstrong Ceiling Solutions," and the name of your nearby Armstrong retailer, call us at 1 800 233-3823. Ask for Dept. 0BRBH.

Armstrong

so nice to come home to™

FINISHING TOUCHES

continued



PHOTOGRAPHS: PERRY STRUSE



Cultivate warmth; plant the right accessories. *It took just a few timeworn treasures to fire up this lukewarm scheme. Ethnic textiles spark it with color and texture, then a curvy armchair adds the glow of polished wood. Golden lamplight and luscious, leafy plants turn up the heat even further. Finally, don't forget well-stocked bookcases. Your first-grade teacher was right: Books build character.*

Buying information, page 76.

Learn to master the mix. The urns did a beautiful job of visually linking mirror to bureau, but they looked lonely. As leaves add lushness to a landscape, this tablescape improved when filled in with objects. Remember, opposites attract attention: pair fat (urns) with skinny (topiaries), rough (terra-cotta) with smooth (glass), and large (leafy plant) with small (lovable Teddy).







NOW, LEARNING TO PUT UP A CEILING IS AS EASY AS TURNING ON YOUR TV.

Get your "Step-by-Step Way To Install A Stylish Armstrong Ceiling" videotape and a free Suspended Ceiling Planner by calling **1 800 233-3823.**

Learn, step-by-step, the right way to install your new ceiling. Pay only $10 for the tape now, but get a $10 refund if you purchase any Armstrong ceiling within 90 days after we receive your order. A refund coupon with complete details is included with the tape.

Order by phone with your VISA or MasterCard. Ask for Dept. 0CRBH. Or order by mail, using the coupon below to charge it or to pay with a check or money order.

Armstrong
so nice to come home to™

TO: Armstrong World Industries, Inc. Dept 0CRBH. P.O. Box 3001 Lancaster, PA 17604

☐ Send me "The Step-by-Step" ceilings videotape and free Suspended Ceiling Planner. Here's my VISA or MasterCard number and expiration date or a $10 check or money order made out to "Armstrong Ceilings Video Offer."

MC/VISA # _____

Signature _____

Exp. Date ____/____ ☐ Please send me free literature

Name _____

Street _____

City _____ State _____

Zip _____ Telephone (____) _____

GIFTS WITH A Personal Touch

BY JILANN SEVERSON

Does it get harder each year to find those just-right gifts? We'll help you get started with eight ideas that combine quick-to-do crafts with easy-to-find buyables. There's sure to be at least one that's perfect for the hard-to-shop-for on your list.

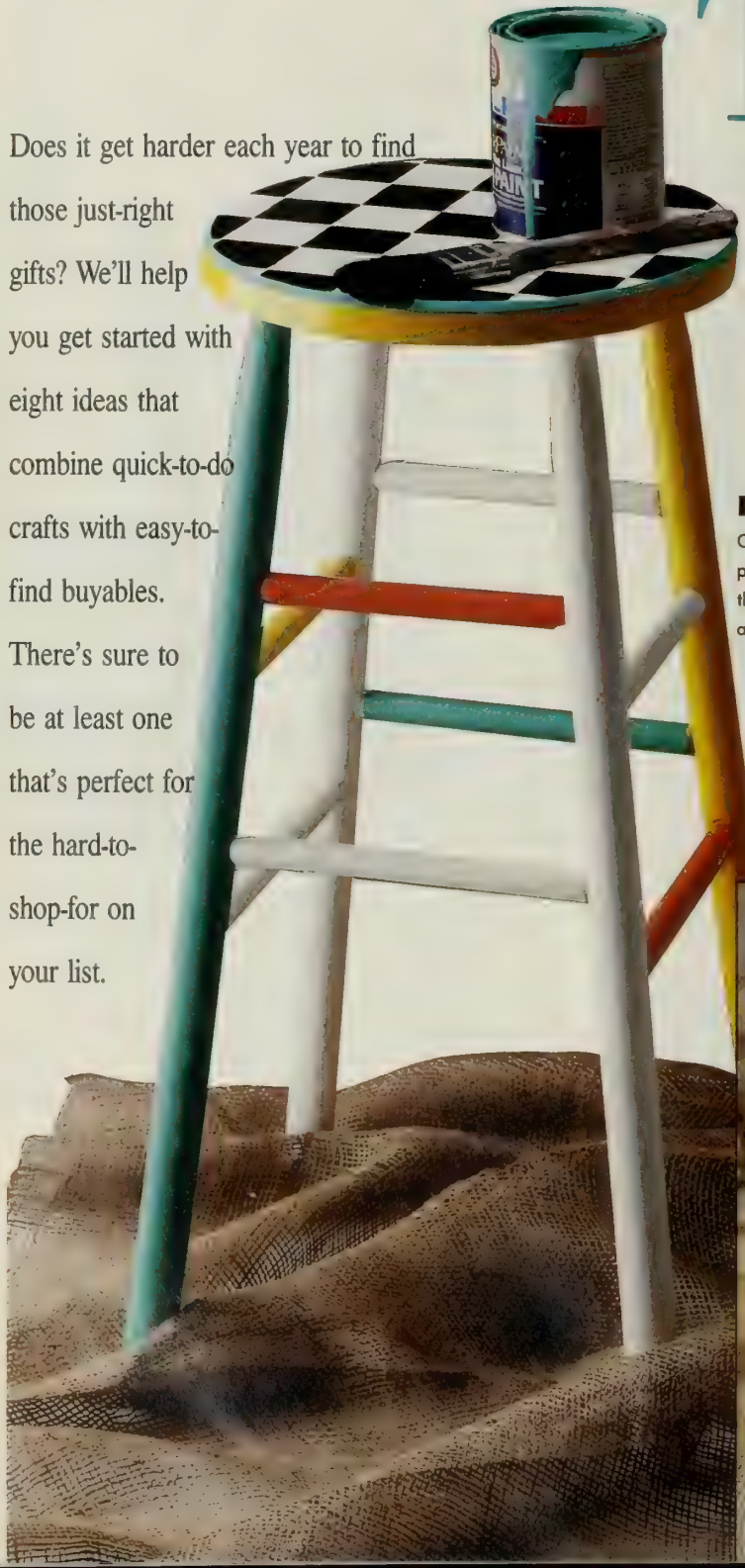
Last-minute crafts from the heart

PAINTED STOOL

Give a plain-Jane stool a whole new personality with leftover paint. Set off two or three colors with basic black and white, and add a checkerboard seat just for fun.

GET GROWING

Let your favorite green thumbers get a jump on the gardening season. Dot and stripe a collection of clay pots with latex paint, then add some basic tools and a gardener's gift certificate from their favorite store.







With all the excitement over Dad's big party, you didn't have time to worry about spotted glasses.

Fortunately, you didn't have to.

Cascade®.
Because you don't have time for spots.



© 1990 The Procter & Gamble Company



Built Like A Tank, Light As A Feather, Works Like A Horse

This is the unique combination Royal® uses to create our all-metal upright vacuums. The result is a handcrafted vacuum that's remarkably simple to handle, easy to use, and built to last a lifetime. In fact, Royal uprights carry a lifetime warranty on the cast aluminum fancase, nozzle, and motor housing. And when it comes to cleaning, Royal is the king of the hill. Our unique bell-shaped nozzle and curved, double-row revolving brush provide the optimum airflow and agitation to clean even deep-down, ground-in dirt. Experience the difference a Royal can make in your home. Look in the Yellow Pages or call 1-800-321-1134 for the authorized dealer nearest you.

CONSUMERS DIGEST BEST BUY Royal M994/M995

Royal

Royal also makes the Dirt Devil® line of vacuums.

MADE IN THE USA

©1990 Royal Appliance Mfg. Co. All rights reserved.

GIFTS WITH A

Personal Touch



PHOTOGRAPHS: PERRY STRUSE. DESIGN CREDITS, SEE PAGE 76

CIAO DOWN

Get those neophyte gourmets off to a great start with a collection of basics from their favorite cuisine. A new cookbook, pasta pot, and some standard foods bring out the Italian in anyone.

To order the new Better Homes and Gardens® Cooking Italian cookbook, see page 195.



JUST FOR LAUGHS

Snacks, lunch, and Saturday morning breakfast at the cartoons are giggling-good fun with this little comic strip tray. Cover a tray, cookie sheet, or jelly-roll pan with colorful comics from the newspaper or books, then glue them in place with decoupage medium.

It was a simpler time of sharing and joy... It was The Age of Wonder.

Norman Rockwell

Cherish the memories with "Splish Splash." The premier sculpture in Rockwell's Age of Wonder.

Remember the days when you could find a lemonade stand on nearly every street corner? When a penny could buy an armful of candy? When washing the dog was a shared family task?

It was The Age of Wonder. And no one has ever captured these treasured childhood moments with more warmth, charm and humor than America's best-loved artist, Norman Rockwell.

Now one of Rockwell's most precious illustrations from those wonder years has been brought to life for you to cherish in your own home. With "Splish Splash," an heirloom quality sculpture available exclusively from The Norman Rockwell Gallery.

Meticulously hand-cast, hand-painted and wonderfully detailed, "Splish Splash" is the only work of its kind to be awarded the full authorization of The Norman Rockwell Family Trust.

Authorized Rockwell collectibles have for years proven to be strong market performers. The official endorsement of the artist's own family means "Splish Splash" could be even more successful. Its $34.95 price is ideal for collectors of investment-quality art. And your satisfaction is unconditionally guaranteed for 365 days.

"Splish Splash" is an exclusive, authorized limited edition crafted in Berkshire Porcelain, a combination of artists' resin and porcelain powders. So return your reservation request today. And bring those fond childhood memories to life with "Splish Splash."

Wonderfully detailed: tiny treads on sneakers, a cloth-textured apron — even water that looks just splashed from the tub!



AUTHORIZED
The Norman Rockwell Family Trust
EDITION

...e Norman Rockwell Gallery
...00 Center for the Arts Drive
...les Chicago, IL 60648-1300

...wn actual size of
...high, 5⅝"wide, 3⅛"deep.

© The Norman Rockwell Gallery

RESERVATION REQUEST

Please mail by November 30, 1990

...ease enter my reservation for "Splish Splash."
...eed send no money now. I will be billed in two installments of just $17.48,* the first payable before ...ipment. If not delighted I have a full year to return my sculpture for replacement or refund.

.../Mrs./Miss/Ms.
...ease circle one)
...dress

...y, State Zip Phone ( )

...us $2.89 home delivery fee and any applicable state sales tax. Offer valid in the U.S. only. 82241-E81201 SSB-101



The Norman Rockwell Gallery

9200 Center for the Arts Drive
Niles Chicago, IL 60648-1300

Personal Touch



WELCOME HOME

Dress up the doorway of a new homeowner's abode with a sisal mat and a shiny brass knocker and numerals. Just for fun, wire a twisted-paper bow to the mat, then wire the knocker to the center of the bow. To secure the numbers and cover the screw holes, run the wire from the back of the mat to the front, going through a screw hole. Slip a brass-colored bead that's slightly larger than the screw hole onto the wire, then pull the wire back to the back of the mat and twist it tightly to keep it all in place.



THANKS FOR THE MEMORIES

Cherished vacation spots—or those planned for the future—come to life in 3-D as bookshelf mementos. Spray-glue postcards to foam-centered mounting board, then cut the skyline with a crafts knife or scroll saw. Tape a triangle to the back so it stands upright.

TRINKET ART FRAME

Surround a cute-as-a-button family photo with a one-of-a-kind frame. Spread industrial-grade adhesive sealant on the front and sides of a purchased frame. Then press buttons, coins, and small trinkets into the sealant and let it dry for a day. Leave it with the colors showing, or spray-paint the whole thing any color you desire.



ALL DRESSED UP

Cast-off clothes and beat-up bags mean hours of fun for the tyke-size dress-up crowd. Spray-paint old suitcases with bright colors, then stencil children's names on the outside. Fill each case with clothes, jewels, hats, and accessories gathered from the attic and secondhand stores.

Buying information, page 76



He'll scamper right out of his hat— into your heart



work of art with a wonderful surprise.
vo original sculptures in one,
afted for you in fine hand-painted porcelain.

You can display the pup in his hat or standing on his own.

© 1990 Princeton Gallery

HERE'S THE FIRE? One ring he firehouse bell and he's off, mpering out of his hat at full ed. He's a bundle of love with a cial surprise for you.

Pick him up and see for yourself. 's actually *two* works of art in ! A spotted dalmatian pup— ght eyed with floppy ears and a ndly wagging tail. Plus a fire- n's hat he has made his very own. Hold him, play with him, or nd him up. Then put him back is hat. (You'll see, he's a perfect fit!)

Porcelain sculpture was never so ch fun! That's the joy of Taylor ghton's award-winning artistry. has a special talent for showing animals naturally respond to ple. That's why this lively fire- se pup looks so eager to please. an endearing sculpture full of . Handcrafted and hand-painted.

Yet just $19.50 for the pup *and* his hat.

There's something else very special about this new work of art. It's the *first* in an exciting new collection of "Playful Pups" two-piece porcelain sculptures.

And you can own "Where's the Fire?" at absolutely no risk. Because, at Princeton Gallery, your satisfaction is completely guaranteed. If you are not delighted with your imported sculpture, return it to us at any time within one year for either replacement or a full refund.

"Where's the Fire?" A work of art with a wonderful surprise. Send in your order today. 573899

PRINCETON GALLERY

ORDER FORM

Please mail by November 30, 1990

YES. I wish to order "Where's the Fire?" to be crafted for me in fine porcelain and painted by hand. ***The Princeton Gallery no-risk one-year guarantee assures my complete satisfaction.***

I need send no money now. I will be billed for my sculpture in a single payment of $19.50.*

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ___ Zip _____
573899

☐ Check here to have payment charged to your:
☐ MasterCard ☐ VISA ☐ Amex

Acct. No. _____ Exp. ___/___

Signature _____

*Plus $3.25 per sculpture for shipping & handling. Sales tax will be billed if applicable.

Mail to: Princeton Gallery
Studio 344
301 North Harrison Street
Princeton, New Jersey 08540



OUR ENVIRONMENT

TURNING CONCERN INTO ACTION

PUT YOUR PURCHASING POWER TO WORK

Shop till you drop may have been the motto for the '80s. For the '90s, we suggest, "Don't turn cash into trash."

Every time your money crosses a counter, you make a decision that will favor the environment or harm it. Becoming an environmentally friendly consumer requires no more than reading labels, asking questions, and pausing to think about the things you buy.

ANALYZE PACKAGING

Excessive packaging burdens landfills and wastes energy and resources in manufacturing. The less packaging you cart home the better.

Before you buy a product, analyze the packaging. Do you throw away the package before you use the product, or does the package help you with the use or storage of the product? Are instructions printed on the package, or on a wasteful extra piece of paper? Is the packaging made from recycled goods, or is it recyclable?

Some fragile goods need the protection of a sturdy box. But many items are packaged to catch your eye or to make the product appear bigger. Avoid packaging gimmicks in favor of products in refillable, recycled, recyclable, usable, or minimal packaging. Packaging alone accounts for nearly one-third of all landfill space.

GREEN PRODUCTS

Many companies are now coming out with a line of "green" products. Enviromental groups are also developing labels such as the Green Seal and the Green Cross to identify environmentally friendly or improved products. Choosing a product with an environmentally friendly label is usually a step in the right direction, but the environmental qualities and benefits vary widely. Your best bet is to

study the labels, compare each product to its alternatives, and use common sense on a case-by-case basis. Be wary of extravagant biodegradability claims on plastic products such as garbage bags and diapers.

CORPORATE SCORECARDS

Armed with the right facts, you can gear your purchases toward companies with good environmental track records. *Shopping for a Better World* is just such a scorecard. It rates America's corporations on environmental concerns as well as on their charitable contributions, community involvement, and hiring of women and minorities. The book is pocket-size and can be taken with you on shopping trips. To order a copy, send $5.95 to the Council for Economic Priorities, 30 Irving Place, New York, NY 10003.

GREEN CATALOGS

If you can't find what you need in stores, or you doubt the environmental claims of some products, you might try environmentally oriented catalogs.

The *Seventh Generation* catalog carries practical and novel goods including recycled paper products, light bulbs, cleaning supplies, toys, environmental science projects, and solar gadgets. For a free catalog call 800/255-7800.

The Washington-based *Co-op America Catalog* has products from socially responsible manufacturers with an emphasis on environmental concerns. It offers household items, gifts, clothing, foods, and some furniture. To order a catalog, send $2 to Co-op America, 2100 M St., NW, Suite 403, P.O. Box 18217, Washington, DC 20036.



BROKERS FOR A BETTER WORLD

Socially responsible investments have become a popular way to channel money into firms that are good corporate citizens. You can also now find socially responsible long-distance telephone services, credit cards, and money market funds.

Mutual funds pool your money with that of other investors and can aid the environment indirectly by buying stock in companies that clean up environmental damage, make alternative energy devices, or specialize in recycling and waste-to-energy technology. Keep in mind that many of these funds impose an up-front sales charge of 2 to 5 percent of your investment, and like any stock, bond, or money market fund, they always carry a risk. Also bear in mind that some of these funds may promote social or political agendas with which you may or may not agree.

If you are looking for investment opportunities, talk to a broker. Ask not only for the group's prospectus, but a list of the stocks held and the statement of additional information for a good picture of the group's philosophy and operations.

—By John Wasik, publisher of The Conscious Consumer *newsletter, and senior editor for* Consumers Digest.

Is your favorite
for generations to

We're looking towards the future.

The environment is part of the future our children will inherit for years to come. And as the makers of Wisk,® Surf,® all,® Snuggle,® Final Touch,® and Sunlight,® we at Lever are taking steps so the plastic in our bottles can be used over and over again.

Now you can enjoy the benefits and convenience of our plastic bottles knowing they can find new life far from landfills.

We're using recycled plastic.

New recycling technology now allows us to include 25% to 35% recycled plastic in many of our bottles of Wisk and "all" laundry detergents, as well as Snuggle



© 1990 Lever Brothers Company

rand packaged come?

and Final Touch fabric softeners. Through this effort, we will save the equivalent of 50 million plastic bottles a year from going into landfills.

We need your help.

Turning used plastic into new plastic bottles makes a whole lot of sense and a lot less waste. So that all our bottles can help, we've coded them for easy identification and sorting. But we need more recycled plastic. That's why we've printed an important message on our bottles asking you to support recycling in your community.

Because the more plastic collected, the higher levels of recycled plastic we'll be able to use. And that's plastic that won't go to waste.

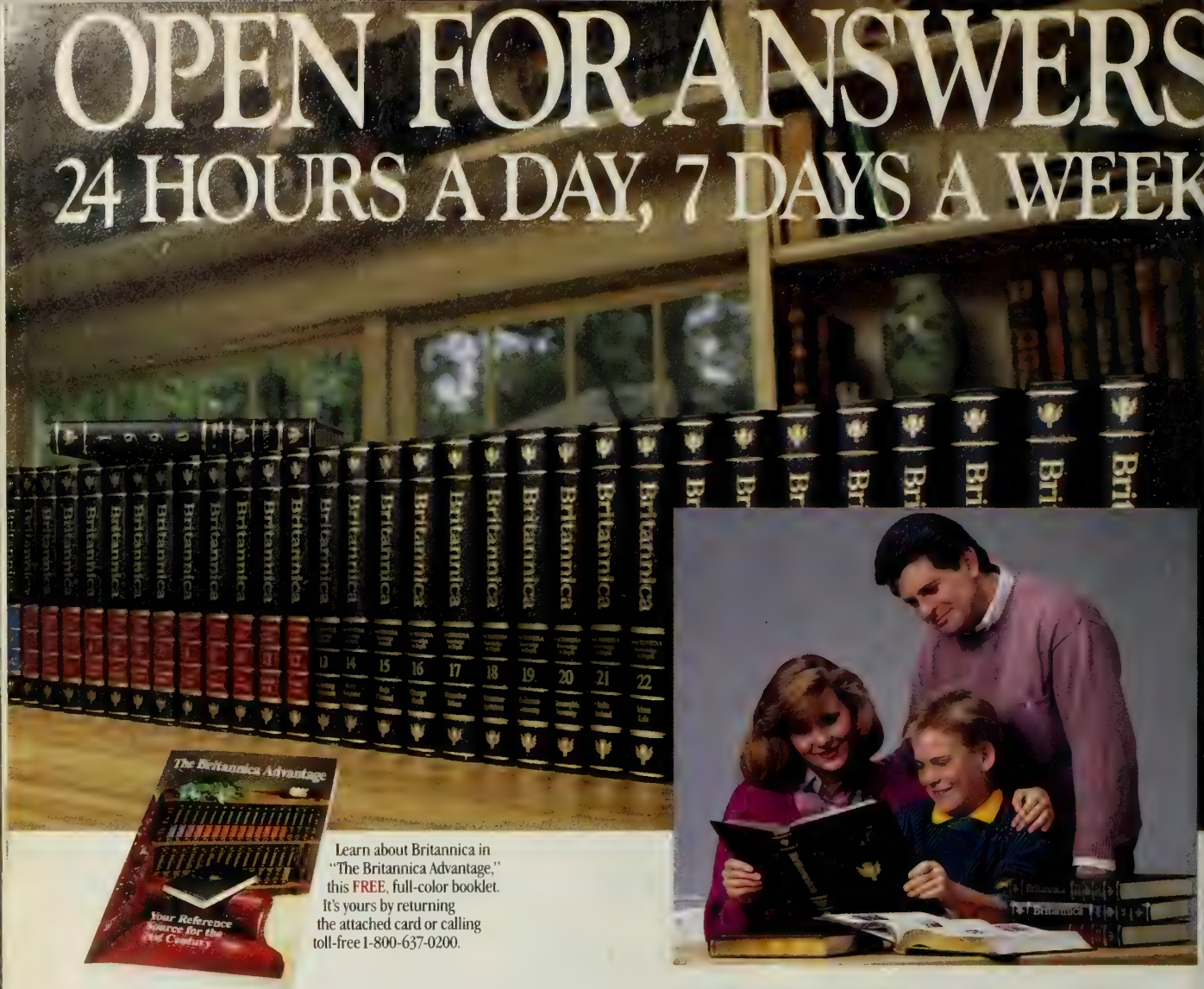
Together, we can help reshape the future.

LEVER

Shared World, Shared Responsibility.



OPEN FOR ANSWERS
24 HOURS A DAY, 7 DAYS A WEEK



Learn about Britannica in "The Britannica Advantage," this FREE, full-color booklet. It's yours by returning the attached card or calling toll-free 1-800-637-0200.

When your kids start asking questions about the world around them, there's practically no stopping them. But there *is* a place they can go for answers. And thanks to The New Encyclopaedia Britannica, it can be right in your own home.

Britannica offers far more than just answers to your children's questions. Because it's at home, it gives *you* a chance to take an active role in their growth and development. And that's an important beginning to the complete learning experience you want for them.

As your children grow, they'll find Britannica is a gateway to discovering whole new worlds on their own. Its unique four-part organization makes it easy to use and provides just the right amount of information for everyone in your family.

The 2-volume INDEX tells you where to look. The READY REFERENCE section features short articles that condense the facts to what you need. For more detail, the KNOWLEDGE IN DEPTH volumes give you the complete story, with comprehensive coverage of entire subjects. And the OUTLINE OF KNOWLEDGE gives you a survey of the major subjects, and guides you as you learn on your own.

As a new Britannica owner, you'll receive your first copy of the Britannica World Data Annual as a FREE GIFT from Britannica Home Library Service, Inc. With the latest available statistics on over 200 countries of the world, it's a tremendously useful book to have on hand.

FREE BRITANNICA BOOKLET AND DESK REFERENCE SET!

Owning Britannica is easier and more affordable than you might have thought. And don't forget, you'll also receive a FREE 3-volume Desk Reference Set — Dictionary, Thesaurus and Book of Quotations (a $14.40 value) — with our compliments when you preview Britannica.

Don't pass up this opportunity to take part in your children's learning. Open your home to the answers in Britannica. Send for your free booklet and Desk Reference Set today! **Please read the reply card carefully.** Remember, there's no obligation.

CALL TOLL-FREE: 1-800-637-0200.

FREE WHEN YOU PREVIEW BRITANNICA! A 3-VOLUME DESK REFERENCE SET with no obligation whatsoever.



Books may vary

ENCYCLOPÆDIA BRITANNICA USA
You learn something new every day.

© 1990 Encyclopaedia Britannica, Inc

Body Heat.

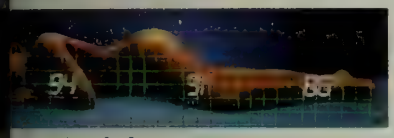
Now there's a blanket that adjusts its warmth to the heat of your body.

Ideal Comfort Level

The Sunbeam Personal Monitoring System of the most important advances in sleeping t in decades.

t's the first blanket that responds to the body f its user. Throughout the night, it con- monitors your body temperatures.

f parts of your body need more warmth, they f other parts are warm enough, they don't. orso doesn't become too warm. Your feet oo cold.



Your body temperatures vary

No Ordinary Blanket or Comforter Can Beat it!

Blankets and comforters trap body heat indiscriminately. They don't monitor the warmth. And they don't provide different warmth for different parts of the body. The result is often waking up too warm or too cold.

Saves Energy and Money

With the Sunbeam PM blanket you can turn down the home thermostat and stay as warm as you like. Even prewarms the bed. Yet you use it just like an ordinary blanket. It's lightweight and machine washable. You can sit on it. Lie on it. Tuck it in, or wrap it around you.

If you've never slept with a blanket that responds to your individual needs, try it. It's a whole new sleeping experience.

Sunbeam®
The Blanket with a Brain

Susan was always cold not anymore

Diane was always too warm not anymore

Joanne was always too warm in some places, too cold in others not anymore



exclusively under the Slumber Rest label. Available at fine stores everywhere. **Where to buy: Call 1-800-635-6052**

Sunbeam, Slumber Rest™ Blanket With a Brain, PM Personal Monitoring, Northern Electric Company, Chicago, Illinois 60025 *DACRON is a registered trademark of Du Pont. Only Du Pont makes DACRON.


There's a science to it,"
Grampa would grin as he watched Steve and me struggle to spread cold LAND O LAKES® Butter on mom's hot, steamy pancakes. "Watch me now."
And watch we did as "Pa" introduced us to "The Technique." He sliced off a sliver of our favorite butter and smoothly slid it under his top pancake. "It's called positive thermotaxis," he explained (it looked like melting to us). "Butter molecules are inextricably drawn to hot flapjacks."
We weren't always sure what he was talking about, but one thing was certain: It tasted great. And Pa's techniques really made science easy to swallow. Not to mention the pancakes.
LAND O LAKES
Sweet Cream
Lightly Salted
BUTTER
The Taste That Brings You Back

The JOY of HOLIDAY BAKING



Even if you love to cook, preparing for the holidays can turn into a last-minute frenzy. To ease the rush and keep the joy in holiday baking, try our streamlined recipes on the following pages. You'll discover appetizers and sweets for parties, breads and cookies for gift giving, and luscious desserts for festive holiday dinners. Each recipe offers make-ahead steps, storage hints, and serving ideas. And if your time is too short for baking ahead, you can make and serve these recipes the same day.

continued on page 124

15 Fabulous Recipes You Can Make Ahead

BY JULIA MALLOY

PHOTOGRAPHS: TIM SCHULTZ / FOOD STYLIST: PAT GOUSTED



FESTIVE FINGER FOOD

Cook now, play later. Be ready for a spur-of-the-moment party by making and freezing a few goodies ahead. When those red-cheeked revelers appear at your door, warm them with some quick-serve foods. They'll delight in these appetizers that are both sweet and savory.

Recipes begin on page 132.


THE JOY OF HOLIDAY BAKING
CHERRY-NUT PINWHEELS
HERBED CHEESE TARTS
CURRIED SHRIMP PHYLLO BUNDLES
ONION-BACON ROLLS



PUMPKIN-NUT GINGERBREAD



HOMEMADE GIFTS

In this age of mail-order convenience, why make a gift yourself? Because the pleasure that comes from lovingly baking and wrapping a food gift can't be bought. And the appreciation from those receiving your homemade gifts is such a worthwhile reward for your goodwill. This year, rediscover the simple joy of doing it yourself—the tantalizing aroma of baking will kindle your holiday spirit.

Recipes begin on page 134.

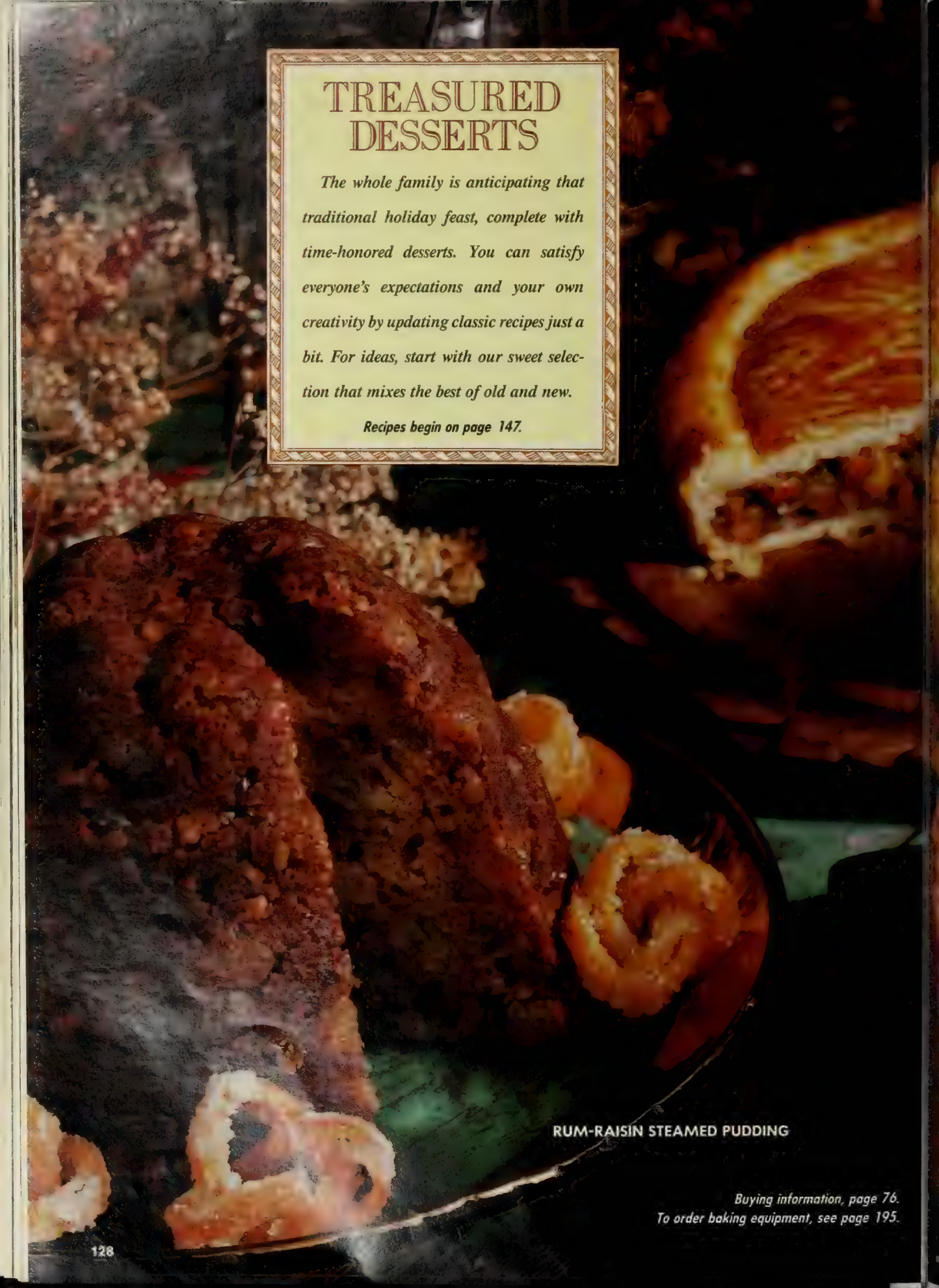
THE JOY OF HOLIDAY BAKING



TREASURED DESSERTS

The whole family is anticipating that traditional holiday feast, complete with time-honored desserts. You can satisfy everyone's expectations and your own creativity by updating classic recipes just a bit. For ideas, start with our sweet selection that mixes the best of old and new.

Recipes begin on page 147.



RUM-RAISIN STEAMED PUDDING

Buying information, page 76.
To order baking equipment, see page 195.

THE JOY OF HOLIDAY BAKING



HONEY-PISTACHIO TART

RIBBON-OF-CRANBERRY CHEESECAKE

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, cholesterol, carbohydrate, fiber, sodium, and potassium help you keep tabs on what you eat.

You can check the vitamin and mineral levels of each recipe serving. These important figures are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis information. The order does not mean we prefer one ingredient or the other.

We use the first serving size listed in our analysis.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

Calories—2,000
Protein—50 grams
Fat—no more than 67 grams
Cholesterol—no more than 300 milligrams
Sodium—500 to 3,000 milligrams
Fiber—20 to 30 grams

Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)

NOVEMBER RECIPE INDEX

THE JOY OF HOLIDAY BAKING RECIPES

Apple-Fig Pie 148
Apricot-Almond Wreaths 140
Butter Frosting 140
Cheddar Cheese Bows 144
Cherry-Nut Filling 134
Cherry-Nut Pinwheels 133
Cherry-Nut Starbursts 133
Chocolate Butter Frosting 140
Chocolate Glaze 140
Cookie Characters 136
Cookie Decorating Ideas 138
Cookie Paint 140
Cranberry-Hazelnut Bread 146
Cream Cheese Sugar Cookies ... 133
Curried Shrimp Phyllo Bundles 132
Double Oat Bread 140
Glazed Cookies 133
Herbed Cheese Tarts 132
Honey-Pistachio Tart 148
Kaleidoscope Cookies 138
Kiss Prints 136
Layered Chocolate-Peanut Diamonds 134
Mini Double-Oat Loaves 142
Onion-Bacon Rolls 133
Orange Glaze 140
Nut Prints 136
Painted Cookies 134
Pumpkin Gingerbread Loaves .. 145
Ribbon-of-Cranberry Cheesecake 151
Rum Hard Sauce 148
Rum-Raisin Steamed Pudding .. 147
Shape-Up Chocolate Cookies 134
Shape-Up Cookies 134
Shape-Up Spiced Cookies 134
Slice-and-Bake Cookies 137
Stained Glass Cookies 133
Striped Cookies 133
Sugar Glaze 139
Thumbprints 136
Twist Shapes 136
Web Cookies 134
Whole Wheat Spice Cookies 138

GOOD FOOD/GOOD HEALTH

Beating Holiday Overeating 52

GREAT-START BREAKFAST

French Toast Bundles 160
Two-Step Fruit Salad 161
Peanut Butter Cocoa 161

PRIZE TESTED RECIPES®

Pineapple-Pecan Cheese Ball ... 164
Spiced Beef and Jerusalem Artichoke Stew 163
Teriyaki Slow-Cook Sandwiches 164
Zesty Italian Wontons 163

COOK-TO-COOK RECIPES

Golden Wild Rice Stuffing 156
Roast Turkey with Sweet Apple Stuffing 156



New Cream Of Broccoli Soup

2-STEP CHICKEN BROCCOLI DIVAN (Cooking time: 15 min.)

1 lb. fresh broccoli, cut into spears, or 1 pkg. (10 oz.) frozen broccoli spears, cooked and drained
1½ cups cubed cooked chicken or turkey
1 can Campbell's® NEW Cream of Broccoli Soup
⅓ cup milk
½ cup shredded Cheddar cheese
1 tbsp. butter, melted
2 tbsp. dry bread crumbs

1. In 9" pie plate or shallow casserole, arrange broccoli; top with chicken. Combine soup and milk; pour over chicken. Sprinkle with cheese.
2. Combine butter and bread crumbs; sprinkle over cheese. **Conventional:** Bake at 450°F. for 15 min. or until hot. **Or Microwave:** Cover with waxed paper; microwave on HIGH 6 min. or until hot, rotating dish halfway through heating. 4 servings.

M'm! M'm! Good!

© 1990 Campbell Soup Company

THE JOY OF HOLIDAY BAKING

continued from page 129

ON OUR COVER

The recipes pictured on our cover include variations of Cream Cheese Sugar Cookies, Shape-Up Cookies, and Slice-and-Bake Cookies. For dough shapes and colors, turn to our list of Cookie Decorating Ideas on *page 138.* To decorate, use Sugar Glaze, Butter Frosting, and various decorative candies or candied fruit.

MAKE-AHEAD HINTS

The Joy of Holiday Baking recipes are designed for you to bake ahead and freeze. When the busy holidays arrive, just pull the cookies out and enjoy. To make sure your frozen goodies taste as good as the day you made them, package them properly. Wrap in a moisture- and vaporproof wrap such as aluminum foil, freezer paper, or freezer plastic wrap. Or, put them in a container that can withstand freezer temperatures.

Seal your package or container tightly to avoid the possibility of freezer burn. If taping, use a freezer tape. Label your packages with the recipe title, the quantity, reheating directions, the date you froze it or the date by which it should be used. Be sure to use a marker that is waterproof or a wax crayon or ballpoint pen. For more information on freezing baked goods, see *page 153.*

FESTIVE FINGER FOOD

Pictured on pages 124–125

CURRIED SHRIMP PHYLLO BUNDLES

When phyllo dough is left uncovered, it dries out quickly. That's why our Test Kitchen suggests working with three squares at a time while keeping the remaining phyllo covered with a damp paper towel or cloth—

- **⅓ cup plain yogurt**
- **¼ cup coconut**
- **¼ cup finely chopped unsalted peanuts**
- **2 Tbsp. chopped chutney**
- **1 tsp. curry powder**
- **½ tsp. grated gingerroot *or* ¼ tsp. ground ginger**
- **1 4½-oz. can tiny shrimp, drained**
- **6 sheets frozen phyllo dough (16x12 inches), thawed**
- **½ cup margarine *or* butter, melted**

● **For filling,** in a small mixing bowl stir together yogurt, coconut, peanuts, chutney, curry powder, and gingerroot or ginger. Gently stir in shrimp.

● **Unfold phyllo dough.** Place *one* sheet of phyllo dough on a waxed-paper-lined cutting board. Cover remaining sheets with a damp paper towel or cloth. Keep covered to prevent drying. Generously brush with *some* of the margarine or butter. Top with another sheet of phyllo, then brush with *more* of the margarine or butter. Repeat with a third sheet of phyllo and margarine or butter.



Bring corners together and twist.

● **Using a sharp knife, cut** the stack of buttered phyllo sheets into twelve 4-inch squares. Place about *2 teaspoons* of the filling in the center of *each* square. For each bundle, bring the 4 corners together; pinch and twist slightly (see photo, *above*).

● **Repeat with remaining phyllo** dough, margarine or butter, and filling to make 24 bundles total. Arrange bundles on an ungreased parchment- or foil-lined baking sheet.

● **Bake, uncovered, in a 375° oven** for 18 to 20 minutes or till golden. Serve immediately. Makes 24 bundles.

To freeze: Prepare phyllo bundles as directed, *except* do not bake. Freeze the unbaked bundles on a baking sheet. Transfer to a storage container; seal, label, and place in the freezer. To serve, place frozen bundles on a parchment- or foil-lined baking sheet. Bake, uncovered, in a 375° oven for 18 to 20 minutes or till golden.

Nutrition information per bundle: *76 cal., 2 g pro., 6 g carbo., 5 g fat, 8 mg chol., 91 mg sodium, 34 mg potassium, and 0 g dietary fiber.*

HERBED CHEESE TARTS

Combine three cheeses to create one superb filling—

Nonstick spray coating

- **⅓ cup fine dry bread crumbs *or* finely crushed zwieback**
- **1 8-oz. pkg. cream cheese, softened**
- **¾ cup cream-style cottage cheese**
- **½ cup shredded Swiss cheese**
- **1 Tbsp. all-purpose flour**
- **¼ tsp. dried basil, crushed**
- **⅛ tsp. garlic powder**
- **2 eggs**

Dairy sour cream (optional)

Sliced or slivered pitted ripe olives, red caviar, *or* chives (optional)

Roasted red pepper *or* pitted ripe olive cutouts* (optional)

● **For crust,** spray twenty-four 1¾-inch muffin cups with nonstick spray coating. Sprinkle bread crumbs or crushed zwieback onto bottom and sides of cups to coat. Shake pans to remove excess crumbs. Set aside.

● **In a small mixer bowl combine** cream cheese, cottage cheese, Swiss cheese, flour, basil, and garlic powder. Beat with an electric mixer on medium speed just till fluffy. Add eggs; beat on low speed just till combined. *Do not overbeat.*

● **Fill *each* crumb-lined muffin cup** with *1 tablespoon* of the cheese mixture. Bake in a 375° oven for 15 minutes or till centers appear set. (Tarts will puff during baking, then deflate as they cool.) Cool in pans on wire racks for 10 minutes. Remove from pans. Cool thoroughly on wire racks.

● **To serve, spread tops** with sour cream. Garnish with olives, caviar, chives, and/or red pepper and olive cut-outs. Makes 24 tarts.

To refrigerate: Bake and cool tarts as directed, *except* do not spread with sour cream or top with garnish. Cover and chill in the refrigerator for up to 48 hours. Let tarts stand at room temperature for 30 minutes before serving. Spread with sour cream and garnish as directed.

With a little help from Quaker® Oats, my true love made for me...

THE 12 FEASTS OF CHRISTMAS

Quaker Oats presents 12 ways to make your holiday season more delicious than ever. Inside you'll find 12 delightful recipes that will light up your true love's eyes.



© 1990 The Quaker Oats Co. © 1990 Nestlé Foods Corporation © 1990 Best Foods, CPC International Inc.

THE 12 FEASTS OF CHRISTMAS (CONTINUED)

START OFF THE RIGHT (&



BLACK FOREST CHEESECAKE

1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1 cup **Quaker® 100% Natural Cereal,** crushed to 3/4 cup
1/3 cup (5-1/3 tablespoons) margarine or butter, melted
1/4 cup firmly packed brown sugar
Two 8-oz. pkg. cream cheese, softened
2/3 cup granulated sugar
1 teaspoon vanilla
2 eggs
1 cup (half of 12-oz. pkg.) **Nestlé® Toll House® Semi-Sweet Chocolate Morsels,** melted
1/4 cup whipping cream
One 21-oz. can cherry pie filling

Heat oven to 350°F. Grease 9-inch springform pan. Combine first four ingredients. Press onto bottom and sides of pan. Bake 15 minutes. Cool. Beat cream cheese, granulated sugar and vanilla at medium speed of electric mixer until fluffy. Add eggs, one at a time, beating well after each. Stir in chocolate and cream. Pour into crust. Bake 1 hour or until center is almost set. Cool completely; remove from pan. Chill. Spread pie filling over top. Serve with whipped cream, if desired. 16 SERVINGS.



KISS O' LEMON POUND CAKE

1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1-3/4 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt (optional)
1-1/4 cups sugar
1 cup (2 sticks) margarine or butter, softened
3 eggs
2 tablespoons grated lemon peel (about 3 lemons)
3/4 cup milk
Powdered sugar
One 10-oz. pkg. frozen red raspberries, thawed

Heat oven to 350°F. Grease and lightly flour 9 x 5-inch loaf pan. In a blender, blend oats about 1 minute. Combine with flour, baking powder and salt; set aside. Beat sugar and margarine until fluffy. Add eggs and lemon peel; mix well. Add dry ingredients alternately with milk, mixing until blended. Pour into pan. Bake 1 hour 10 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes in pan. Remove to wire rack; cool completely. Sprinkle with powdered sugar. In a blender, blend raspberries until smooth. Serve with pound cake. 16 SERVINGS.



WITH QUAKER® OATS –
DELIGHTFUL!) THING TO DO.



SNOW COVERED ALMOND CRESCENTS

1 cup (2 sticks) margarine or butter, softened
3/4 cup powdered sugar
1/2 teaspoon almond extract OR
2 teaspoons vanilla
2 cups all-purpose flour
1/4 teaspoon salt (optional)
1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1/2 cup finely chopped almonds
Powdered sugar

Heat oven to 325°F. Beat margarine, sugar and almond extract until fluffy. Add flour and salt; mix until well blended. Stir in oats and almonds. Using level measuring tablespoonfuls, shape dough into crescents. Bake on ungreased cookie sheet 14 to 17 minutes or until bottoms are light golden brown. Remove to wire rack. Sift remaining sugar generously over warm cookies. Cool completely. Store tightly covered. ABOUT 4 DOZEN.

JEWELED SHORTBREAD COOKIES

1 cup (2 sticks) margarine or butter, softened
1/2 cup sugar
1/4 teaspoon almond extract OR
1 teaspoon vanilla
2 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1-1/4 cups all-purpose flour
1/2 cup fruit preserves
1/4 cup slivered almonds

Heat oven to 350°F. Beat margarine, sugar and almond extract until fluffy. Stir in combined oats and flour. Divide dough into four equal pieces. Place two portions on opposite corners of a large ungreased cookie sheet. Press each into circle about 1/8-inch thick. Press edges of dough with tines of fork. Repeat with other two pieces. Bake 15 to 20 minutes or until light golden brown. Remove from oven; spread 2 tablespoons preserves on center of each circle. Sprinkle 1 tablespoon almonds over preserves. Cool 10 minutes on cookie sheet. With large knife, cut each circle into 8 wedges. Remove to wire rack; cool completely. Store loosely covered. 32 SERVINGS.

THE 12 FEASTS OF CHRISTMAS (CONTINUED)

QUAKER® OATS
THE VERY

CHOCOLATE OATMEAL CHIPPERS

1 cup (2 sticks) margarine or butter, softened
1 cup firmly packed brown sugar
1/2 cup granulated sugar
2 eggs
1 teaspoon vanilla
1-1/4 cups all-purpose flour
1/2 cup Nestlé cocoa
1 teaspoon baking soda
1/2 teaspoon salt (optional)
One 11-1/2-oz. pkg. (2 cups) **Nestlé® Toll House® Milk Chocolate Morsels**
2 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1 cup chopped walnuts

Heat oven to 350°F. Beat margarine, sugars, eggs and vanilla until creamy. Gradually add combined flour, cocoa, baking soda and salt; mix well. Stir in remaining ingredients. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheet. Bake 9 to 10 minutes or until set. Cool 2 minutes on cookie sheet; remove to wire rack. Cool completely. Store tightly covered. 4 DOZEN.



OATMEAL SCOTCHIES

1 cup (2 sticks) margarine or butter, softened
3/4 cup granulated sugar
3/4 cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla OR 2 teaspoons grated orange peel (about 1 orange)
1-1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt (optional)
1/2 teaspoon cinnamon
3 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
One 12-oz. pkg. (2 cups) **Nestlé® Toll House® Butterscotch Flavored Morsels**

Heat oven to 375°F. Beat margarine, sugars, eggs and vanilla until creamy. Gradually add combined flour, baking soda, salt and cinnamon; mix well. Stir in remaining ingredients. Drop by level measuring tablespoonfuls onto ungreased cookie sheet. Bake 7 to 8 minutes for a chewy cookie, 9 to 10 minutes for a crisp cookie. Cool 2 minutes on cookie sheet; remove to wire rack. Cool completely. Store tightly covered. 4 DOZEN.







AND NESTLÉ® BAKE BEST.





MICROWAVE CHOCOLATE OATRAGE SNACK CAKE

1 cup (2 sticks) margarine or butter, softened
1-1/3 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1/2 cup all-purpose flour
1 cup firmly packed brown sugar
1/2 cup chopped walnuts (optional)
2 eggs
1 teaspoon vanilla
One 12-oz. pkg. **Nestlé® Toll House® Semi-Sweet Chocolate Morsels,** divided

Combine all ingredients except chocolate morsels. Beat 3 minutes at medium speed of electric mixer until creamy. Stir in 1 cup chocolate morsels. Spread batter into 8-inch square microwaveable dish; cover with waxed paper. Microwave at HIGH 4 minutes; rotate dish 1/4 turn. Microwave at HIGH an additional 4 to 5 minutes or until top appears dry. Sprinkle remaining chocolate morsels over top of warm cake. Let stand 10 minutes; spread over cake. Cool. Cut into squares. 12 SQUARES.



CHIPPY OATMEAL RAISIN BARS

1 cup firmly packed brown sugar
3/4 cup (1-1/2 sticks) margarine or butter, softened
2 eggs
1-1/2 teaspoons vanilla
3/4 cup all-purpose flour
One 12-oz. pkg. (2 cups) **Nestlé® Toll House® Semi-Sweet Chocolate Mini Morsels**
2 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
3/4 cup raisins

Heat oven to 350°F. Lightly grease 13 x 9-inch baking pan. Beat sugar, margarine, eggs and vanilla until creamy. Gradually add flour; mix well. Stir in remaining ingredients. Spread into pan. Bake 25 to 30 minutes or until golden brown. Cool completely. Cut into bars. 32 BARS.





THE 12 FEASTS OF CHRISTMAS

(CONTINUED)

FESTIVE IDEA
LET'S ALL GO



CHRISTMAS COBBLER WITH PEAR 'N CRANBERRIES

1/2 cup **KARO® Light Corn Syrup**
1/3 cup sugar
1 tablespoon cornstarch
1-1/2 cups fresh or frozen cranberries
2 medium pears, unpeeled, sliced
3/4 cup all-purpose flour
1/2 cup sugar
1/3 cup (5-1/3 tablespoons) margarine or butter
1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1 egg, slightly beaten

Heat oven to 400°F. Grease 9-inch square or round baking pan. In medium saucepan, combine first three ingredients. Stir in cranberries. Heat to a boil; reduce heat. Simmer 5 minutes, or until cranberries pop open. Stir in pears. Pour into pan. Combine flour and 1/2 cup sugar. Cut in margarine until mixture resembles coarse crumbs. Stir in oats; mix well. Add egg, mixing until moistened. Crumble evenly over fruit. Bake 30 to 35 minutes or until top is golden brown. 8 SERVINGS.



PECAN BOURBON TART

1/2 cup (1 stick) margarine or butter, softened
1/4 cup granulated sugar
1 cup all-purpose flour
3/4 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
2 eggs
1/2 cup **KARO® Light or Dark Corn Syrup**
2/3 cup firmly packed brown sugar
1/4 cup (1/2 stick) margarine or butter, melted
1 to 2 tablespoons bourbon OR 1 teaspoon vanilla
1 cup coarsely chopped pecans
2/3 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
8 pecan halves

Heat oven to 350°F. Beat first two ingredients until fluffy. Stir in combined flour and 3/4 cup oats. Press onto bottom and sides of 9-inch tart pan or pie plate. Bake 20 to 25 minutes or until golden brown. Cool completely. Beat eggs, corn syrup, brown sugar, 1/4 cup margarine and bourbon until blended. Stir in 1 cup pecans and remaining 2/3 cup oats. Pour into crust. Decorate top with pecan halves. Bake an additional 25 to 30 minutes or until filling is set. 8 SERVINGS.



FROM QUAK
CHRISTMAS



PUMPKIN DREAM BARS

1/2 cup (1 stick) margarine or butter, softened
1/3 cup sugar
1 cup **Quaker® Oats (Quick or Old Fashioned,** uncooked)
3/4 cup all-purpose flour
Two 8-oz. pkg. cream cheese, softened
1 cup sugar
4 eggs
One 16-oz. can solid pack pumpkin
1/2 cup **KARO® Light or Dark Corn Syrup**
2 teaspoons cinnamon

Heat oven to 350°F. Grease 13 x 9-inch baking pan. Beat margarine and sugar until fluffy. Add combined oats and flour; mix well. Spread evenly onto bottom of prepared pan. Bake 18 to 20 minutes or until light golden brown. Cool slightly. Beat cream cheese and sugar at medium speed of electric mixer until fluffy. Add eggs, one at a time, beating well after each. Add remaining ingredients; mix until smooth. Pour over partially cooled crust. Bake an additional 45 to 50 minutes or until center appears set. Cool completely on wire rack. Chill. Serve with whipped cream, if desired. 20 BARS.



PEANUT BUTTER AND OATMEAL SANDWICHES

1 cup peanut butter
1 cup sugar
3/4 cup (1-1/2 sticks) margarine or butter, softened
1/4 cup **KARO® Light or Dark Corn Syrup**
1 egg
2 tablespoons water
1 teaspoon vanilla
3 cups **Quaker® Oats (Quick or Old Fashioned,** uncooked)
1-1/4 cups all-purpose flour
1 teaspoon baking powder
1 cup peanut butter
2/3 cup **KARO® Light Corn Syrup**

Heat oven to 350°F. Beat margarine and sugar until fluffy. Add 1/4 cup corn syrup, egg, water and vanilla; mix until smooth. Stir in combined dry ingredients. Roll into 1-inch balls. Place on ungreased cookie sheet. Press into 2-1/2-inch circles. Bake 8 to 10 minutes or until golden brown. Cool 1 minute; remove from cookie sheet. Cool completely. Mix remaining ingredients until smooth. Spread rounded teaspoonful onto half of cookies; top with remaining cookies. Decorate with powdered sugar and melted chocolate, if desired. Store in tightly covered. 2-1/2 DOZEN



...TS OF
...TMAS
...REMEMBER THEM BY.)



Over 100 delicious quick and easy recipes for beverages, main dishes, sauces and desserts. To receive your free cookbook, send *proof of purchase* (UPC symbol) from 2 *bottles* of Karo light or Karo dark corn syrup to: **KARO CORN SYRUP ... COOKBOOK OFFER, Dept. KFR, P.O. Box 307, Coventry, CT 06238.**

Name (Please Print)_____

Address_____ Apt. No _____

City_____ State_____ Zip_____

OFFER EXPIRES FEBRUARY 28, 1991, OR GOOD WHILE SUPPLIES LAST. This certificate must accompany your request. No duplication or reproduction of certificate or UPC symbols will be accepted. Only one cookbook per name or address. Group requests will not be accepted. Offer good only in U.S.A. and APO/FPO addresses. Void where prohibited, taxed or otherwise restricted. Allow 6-8 weeks for delivery. WE CANNOT DELIVER TO P.O. BOXES. IMPORTANT: WE MUST HAVE YOUR COMPLETE ADDRESS AND ZIP CODE FOR DELIVERY.

SAVE 25¢ ON NESTLÉ® TOLL HOUSE® BUTTERSCOTCH MORSELS

TO THE DEALER You will be reimbursed for the face value of this coupon plus 8¢, if submitted in compliance with Nestlé Foods Corporation Redemption Policy incorporated herein by reference. Good only in U.S.A. Consumer must pay Sales Tax. Void where Prohibited/Taxed/Restricted Cash value 1/100¢. FOR REDEMPTION, MAIL TO: NESTLÉ FOODS CORPORATION, P.O. BOX 20003, EL PASO, TEXAS 79998. LIMIT: ONE COUPON PER PURCHASE

MANUFACTURER COUPON | EXPIRES 02/28/91

516 371

5 28000 51225 0



Quaker® Oats. It's The Right Thing To Do.®

...Nestlé Foods Corporation. Karo is a registered trademark of CPC International Inc. © 199...

To freeze: Bake and cool tarts as directed, *except* do not spread with sour cream or garnish. Freeze tarts, uncovered, on the wire rack about 1 hour or till firm. Transfer to a freezer container or bag. Seal, label, and place in the freezer. To thaw, let stand, loosely covered, at room temperature about 2 hours or in the refrigerator overnight. Spread with sour cream and garnish as directed.

****Decorative cutouts:*** Use tiny hors d'oeuvre cutters to cut leaves, stars, or other decorative shapes out of the roasted red peppers and pitted ripe olives. To order hors d'oeuvre cutters, see *page 195.*

Nutrition information per tart: *62 cal., 3 g pro., 2 g carbo., 5 g fat, 31 mg chol., 76 mg sodium, 28 mg potassium, 0 g dietary fiber.*

ONION-BACON ROLLS

These rolls are similar to Lithuanian Laşinuociai (La-SHEE-no-i-chay), but use frozen bread dough instead of the more traditional homemade dough—

1 12-oz. pkg. sliced bacon
1 large onion, chopped (1 cup)
½ cup chopped green pepper
½ tsp. dried dillweed
¼ tsp. pepper
1 16-oz. loaf frozen bread dough, thawed
Milk
Poppy seed, fennel seed, *or* sesame seed

● **For filling,** in a skillet cook bacon till crisp; remove bacon, reserving *1 tablespoon* drippings. Drain bacon on paper towels; crumble when cool.

● **In the same skillet cook** onion, green pepper, dillweed, and pepper in hot drippings till onion is tender but not brown. Cool. Stir in bacon.

● **Divide bread dough** into 30 portions. Roll *each* portion into a ball; roll or pat each ball into a 3-inch circle. Place a *scant tablespoon* of the filling in the center of each circle. Bring up dough edges around the filling; seal the edges together.

● **Arrange filled rolls,** seam side down, on a greased baking sheet. Brush with milk. Sprinkle with poppy seed, fennel seed, or sesame seed.

● **Bake, uncovered, in a 375° oven** for 15 to 20 minutes or till rolls are golden. Serve warm. Makes 30 rolls.

To freeze: Prepare and bake rolls as directed above. Cool thoroughly on a wire rack. Transfer rolls to a freezer container. Seal, label, and freeze for up to 4 months. To reheat, arrange frozen rolls on an ungreased baking sheet. Bake, uncovered, in a 375° oven about 15 minutes or till rolls are heated through.

Nutrition information per roll: *75 cal., 3 g pro., 7 g carbo., 4 g fat, 6 mg chol., 169 mg sodium, 42 mg potassium, 0 g dietary fiber. U.S. RDA: 10% thiamine.*

CREAM CHEESE SUGAR COOKIES

To make the delicate dough easier to shape, be sure to use butter, then chill the dough and roll out half at a time—

½ cup butter
1 3-oz. pkg. cream cheese, softened
2 cups all-purpose flour
⅔ cup sugar
1 egg
½ tsp. baking powder
½ tsp. vanilla
¼ tsp. almond extract

• • •

1 egg (optional)
1 Tbsp. cooking oil (optional)
Sugar (optional)

● **In a large mixing bowl combine** butter and cream cheese. Beat with an electric mixer on medium to high speed for 30 seconds. Add *half* of the flour, the ⅔ cup sugar, 1 egg, baking powder, vanilla, and almond extract; beat till combined. Beat or stir in remaining flour. Divide in half. Cover and chill for 1 to 2 hours or till firm.

● **On a lightly floured surface,** roll 1 portion of chilled dough to ¼-inch thickness. Using cookie cutters, cut into desired shapes. If desired, decorate before baking, following the Cookie Decorating Ideas on *page 138.* Transfer cutouts to an ungreased cookie sheet. If desired, stir together the remaining egg and oil; brush over dough and sprinkle with sugar.

● **Bake in a 350° oven** for 8 to 10 minutes or till edges are light brown and cookies are slightly puffed. Transfer cookies to a wire rack; cool thoroughly. If desired, decorate after baking, following the Cookie Decorating Ideas on *page 138.* Makes 32.

Striped Cookies: Prepare dough as above; divide dough into three portions. Add desired food coloring paste to each portion following directions for coloring dough on *page 139.* Cover and chill.

Divide each portion of dough into fourths. On a well-floured surface, roll each fourth of dough to a 12-inch rope. Place 4 ropes next to each other, alternating colors. Press ropes together slightly to ¼-inch thickness. Using a sharp knife, cut crosswise into 6 cookies. Place on a greased baking sheet. Repeat with remaining dough. Bake in a 350° oven for 10 to 12 minutes or till edges are light brown. Cool on wire rack. Makes 18.

Cherry-Nut Pinwheels: Prepare and chill dough as above. On a lightly floured surface, roll 1 portion of chilled dough into a 10-inch square, ⅛ inch thick. With a sharp knife, cut into sixteen 2½-inch squares. Arrange ½ inch apart on an ungreased cookie sheet. Drop 1 teaspoon of *Cherry-Nut Filling* (see recipe, *page 134*) in the center of *each* dough square. Cut 1-inch slits diagonally from each corner toward filling. Fold every other tip over to cover filling, forming a pinwheel (see photo on *page 134*). Place a *candied cherry* or *pecan half* in the center of each square; press lightly to seal. Brush with the egg mixture; sprinkle with the sugar. Bake and cool as above. Repeat with remaining dough and filling.

Cherry-Nut Starbursts: Prepare and chill dough as above. On lightly floured surface, roll 1 portion of dough into a 10-inch square, ⅛ inch thick. Cut cookies with a 2-inch round cutter. Using a small star-shaped cutter, cut stars from centers of *half* the rounds. Arrange plain rounds ½ inch apart on ungreased cookie sheet. Place a scant teaspoon of *Cherry-Nut Filling* (see recipe, *page 134*) in center of each plain round. Top with a cutout round. Seal edges with a fork. Brush with egg mixture; sprinkle with sugar. Bake and cool as above. Repeat with remaining dough and filling.

Stained Glass Cookies: Cut out cookie dough shapes. Arrange cutouts on a foil-lied cookie sheet. Using smaller cutters, cut out small shapes from each dough shape. Fill cutouts with finely crushed *colored hard candies.* Brush with egg mixture; sprinkle with sugar. Bake and cool.

Glazed Cookies: Prepare cookie circles as above, *except* do not brush with egg or sprinkle with sugar. Glaze or dip, following Cookie Decorating

continued on page 134

THE JOY OF HOLIDAY BAKING

continued from page 133

Ideas on *page 138* or use one of the following ideas:

Web Cookies: Glaze cookies with *Sugar Glaze* (see recipe *page 139*). Add a few drops *paste food coloring* to some Sugar Glaze. Using a fine paintbrush, draw 3 concentric circles with colored Sugar Glaze on glazed cookies. With the dull edge of a table knife, draw 4 evenly spaced lines through circles from center to edge, wiping the knife after drawing each line. Then draw 4 more evenly spaced lines through the circles from edge to center, wiping the knife after drawing each line.

Painted Cookies: Glaze cookies with *Sugar Glaze* (see recipe, *page 139*). Add a few drops *paste food coloring* to some Sugar Glaze. Paint designs on glazed cookies with colored Sugar Glaze, in dots or stripes.

To refrigerate: Store unglazed and unfrosted cookies, covered, in the refrigerator for up to 1 week.

To freeze: Arrange cooled, unglazed, and unfrosted cookies in a single layer in a freezer container. Cover tightly, seal, label, and freeze for up to 8 months. To thaw, let stand at room temperature for 30 minutes.

Nutrition information per plain cookie: *81 cal., 1 g pro., 10 g carbo., 4 g fat, 17 mg chol., 39 mg sodium, 15 mg potassium, and 0 g dietary fiber.*



To form a pinwheel, fold in every other dough tip.

CHERRY-NUT FILLING

Use this red-and-green filling for Cherry-Nut Pinwheels or Starbursts—

½ cup chopped candied cherries *and /or* diced mixed candied fruits and peels
⅓ cup chopped pecans *or* walnuts
⅓ cup snipped pitted dates
1 Tbsp. light corn syrup
¼ tsp. ground allspice

● **In a small bowl combine** chopped cherries or fruits and peels, chopped pecans or walnuts, dates, corn syrup, and allspice. Makes 1 cup.

LAYERED CHOCOLATE-PEANUT DIAMONDS

To make even diamonds, measure with a ruler and mark with toothpicks before cutting—

⅓ cup margarine *or* butter
¼ cup peanut butter
1¼ cups all-purpose flour
¾ cup packed brown sugar
1 8-oz. pkg. cream cheese, softened
¼ cup honey
2 Tbsp. brown sugar
2 Tbsp. all-purpose flour
2 eggs
1½ cups finely chopped peanuts
1 6-oz. pkg. (1 cup) semisweet chocolate pieces

● **In a small mixer bowl combine** margarine or butter and peanut butter; beat with an electric mixer on medium to high speed for 30 seconds. Add about *half* of the 1¼ cups flour and the ¾ cup brown sugar; beat till combined. Beat or stir in the remaining half of the 1¼ cups flour.

● **Press mixture evenly** into a 13x9x2-inch baking dish. Bake in a 350° oven about 15 minutes or till light brown.

● **In a small mixer bowl combine** cream cheese, honey, the 2 tablespoons brown sugar, and the 2 tablespoons flour; beat on medium speed till combined. Add eggs; beat just till combined. Stir in *1 cup* of the peanuts. Pour over baked crust. Bake about 15 minutes more or till set.

● **Sprinkle chocolate pieces** over top; bake about 2 minutes more or till softened. Place the dish on a wire rack. Spread melted chocolate pieces over top. Sprinkle with remaining peanuts. Cool thoroughly on wire rack. Cut into diamonds or bars. Refrigerate or freeze as directed. Makes 42 bars.

To refrigerate: Cover the cooled bars and store in the refrigerator for up to 1 week.

To freeze: Arrange cooled bars in a single layer in a freezer container. Cover tightly, seal, label, and freeze for up to 8 months. To thaw, let stand at room temperature for 1 hour.

Nutrition information per bar: *133 cal., 3 g pro., 13 g carbo., 8 g fat, 16 mg chol., 68 mg sodium, 92 mg potassium, and 1 g dietary fiber.*

HOMEMADE GIFTS

Pictured on pages 126–127

SHAPE-UP COOKIES

Use this dough to create a variety of cookie shapes and characters as pictured on our cover—

1 cup butter *or* margarine
⅔ cup sugar
⅔ cup light corn syrup
1½ tsp. vanilla
1 beaten egg
4 cups all-purpose flour
2 tsp. baking powder

● **In a saucepan combine** the butter or margarine, sugar, and corn syrup. Cook and stir over medium heat till butter is melted and sugar is dissolved. Pour into mixing bowl. Stir in vanilla. Cool for 5 minutes.

● **Add egg; mix well.** In a bowl stir together flour and baking powder. Add dry ingredients to egg mixture; mix well. Divide dough into two or more portions. If desired, color dough following directions for coloring dough on *page 139*. Cover and chill at least 2 hours or overnight.

● **Shape dough** into 1-inch balls. Roll in additional sugar. Arrange on an uning sheet about 2 inches apart. Bake in a 350° oven for 8 to 10 minutes or till edges are firm. Cool on wire racks. Makes 64 cookies.

Shape-Up Spiced Cookies: Prepare dough as above, *except* substitute *molasses* or *dark corn syrup* for light corn syrup and use only 1½ teaspoons *baking powder*. Add 1½ teaspoon *ground cinnamon*, 1 teaspoon *ground ginger*, ½ teaspoon *ground cloves*, and ¼ teaspoon *baking soda* to dry ingredients.

Shape-Up Chocolate Cookies: Prepare dough as directed, *except* decrease butter to ⅔ cup and melt 2 squares (2 oz.) *unsweetened chocolate* with the butter mixture in saucepan.

continued on page 136

Chex® BRAND Party Mix Makes The Party.



TRADITIONAL CHEX® BRAND PARTY MIX

(Full-batch made without Seasoning pack)



- ¼ cup (½ stick) margarine OR butter
- 1¼ teaspoons seasoned salt
- 4½ teaspoons Worcestershire Sauce
- 8 cups of your favorite Chex® Brand Cereals (Corn, Rice, and/or Wheat)
- 1 cup peanuts, of course!
- 1 cup pretzel sticks

Microwave Directions: • In large microwave-safe bowl melt margarine on HIGH 1 minute. Stir in seasoned salt and Worcestershire sauce. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 5-6 minutes, stirring every minutes. Spread on absorbent paper to cool. Store in airtight container.

(Half-batch made with Seasoning pack)



- 2 tablespoons (¼ stick) margarine OR butter
- 1 Traditional Chex® Brand Party Mix Cereals Seasoning Pack
- 4 cups of your favorite Chex® Brand (Corn, Rice, and/or Wheat)
- ½ cup mixed nuts
- ½ cup pretzel sticks

Microwave Directions: • In large microwave-safe bowl melt margarine on HIGH 30-45 seconds. Stir in seasoning pack. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 3 to 3½ minutes, stirring every minute. Spread on absorbent paper to cool. Store in airtight container.

Instantly.

FREE SEASONING PACK IN EVERY BOX OF CHEX®

- Use Seasoning pack with Wheat, Rice and Corn Chex® Cereals.
- Add margarine, pretzels and nuts.
- Ready in 3½ microwave minutes.



© 1990, Ralston Purina Company. PEANUTS Characters: © 1950, 1952, 1966 United Feature Syndicate, Inc.



To get the most advanced
No-Stick yet—twice as tough,
twice as durable—
look for the certified
SilverStone SUPRA seal.

DUPONT
NO-STICK SYSTEMS™



THE JOY OF HOLIDAY BAKING

continued from page 134

Nut Prints: Before baking, imprint tops of dough balls with *nut halves* or *candied fruit.* Bake and cool as directed. Drizzle with *Chocolate Glaze* (see recipe, *page 140*), if desired.

Kiss Prints: Immediately after baking, press a chocolate or pastel cream mint *heart* or *kiss* in the center of each hot cookie.

Thumbprints: Roll balls of dough in beaten *egg white* then in chopped *nuts.* Press center of each cookie with thumb. Bake and cool as directed. Before serving, fill center with *jam* or *jelly* or piped *Butter Frosting* (see recipe, *page 140*).

Twist Shapes: Prepare dough as directed; divide into 2 portions. Add food coloring paste, if desired, following directions for coloring dough on *page 139.* Using *½ tablespoon* dough for *each* rope, shape dough into 6-inch-long ropes. If desired, roll ropes in *colored sugar.* Twist 2 different colored ropes together. Form into circles, canes, coils, or sticks. Bake and cool as directed. Decorate as desired.

Cookie Characters: Shape desired color doughs into characters, such as clowns, elves, pigs, or lions. Decorate with desired candies, dried fruit, nuts, glazes, and frostings.

Cookie Elves: Use plain, pink, and green dough. Shape one 2-inch ball of green dough into the body and legs. For head, using plain dough, roll into a 1-inch ball; place on an ungreased baking sheet. For arms, shape plain dough into 2x½-inch-thick logs; put in place at shoulders, with hands on hips. For feet, roll pink dough into two ½-inch rounds; put in place, pinch to shape. For vest, flatten 2x½-inch balls of pink dough and cover chest of elf. For hat, shape one ½-inch ball of green dough into a triangle; attach to top of head. For bells on shoes, place one tiny ball of plain dough on each foot. For nose, use a tiny ball of pink dough. With a toothpick, draw eyes and mouth. Bake at 350° for 10 to 12 minutes or till done. Cool on a wire rack. Frost hat, vest, and legs with *Sugar Glaze* (see recipe, *page 139*), drizzled from a spoon.

Pigs: Using pink dough, shape into a 2-inch ball. Flatten slightly on ungreased baking sheet. For ears, pinch and flatten dough to shape. For nose, roll dough into a ¼-inch ball; flatten slightly. Place nose on face and prick two holes with a toothpick to make nostrils. Use silver decorative candies for eyes. Bake as directed.

Lions: Use yellow, pink, and orange doughs. Shape yellow dough into a 2-inch ball; flatten slightly on an ungreased bakig sheet. For mane, using a clean garlic press, press orange cookie dough on top of circle. For mouth, shape pink dough. For nose, roll orange dough into a tiny ball. For eyes, use silver decorative candies. For whiskers, use chocolate sprinkles. Bake as directed.

Clowns: Use orange, purple, pink, and plain doughs. Shape plain dough into a 2-inch ball; flatten slightly on ungreased baking sheet. For hair and hat, shape orange dough. For collar, fasten purple dough under neck in a fan design. For mouth, shape pink dough. Use silver decorative candies for eyes and a red candy for a nose.

Nutrition information per cookie: *73 cal., 1 g pro., 11 g carbo., 3 g fat, 11 mg chol., 36 mg sodium, 11 mg potassium, and 0 g dietary fiber.*

SLICE-AND-BAKE COOKIES

Make a bunch of different cookies like those on our cover. The picture on pages 126-127 shows the variation, Whole Wheat Spice Cookies—

1 cup margarine *or* butter
2¼ cups all-purpose flour
½ cup granulated sugar
½ cup packed brown sugar
1 egg white
Chopped nuts *or* colored sugar (optional)

- **In a large mixer bowl beat** margarine or butter with an electric mixer on medium to high speed for 30 seconds or till softened. Add about *half* of the all-purpose flour, granulated sugar, brown sugar, and egg white. Beat till combined. Beat or stir in remaining all-purpose flour.
- **Shape dough** into two 7-inch rolls. If desired, coat the rolls in nuts or colored sugar. Wrap and chill the rolls in the refrigerator about 4 hours or till firm enough to slice.
- **Cut chilled dough** into ¼-inch-thick slices. Arrange slices 1 inch apart on

continued on page 138



For long-lasting quality that's easy on the budget, look for the certified TEFLON 2 seal.



DUPONT
NO-STICK SYSTEMS™



For premium performance from America's favorite No-Stick, look for the certified SilverStone seal.



DUPONT
NO-STICK SYSTEMS™

continued from page 137

an ungreased cookie sheet. Bake in a 375° oven about 8 minutes or till golden. Remove from cookie sheet; cool.

● **Decorate cookies,** as desired following Cookie Decorating Ideas *below.* Makes about 54 cookies.

Kaleidoscope Cookies: Prepare dough as directed; divide into 3 portions before shaping. Prepare 3 colored doughs, following the directions for coloring dough on *page 139.* Shape each dough portion into two 7-inch-long logs. Combine 3 different colored doughs into one roll; repeat to make two tri-colored 7-inch-long rolls. Wrap and continue as directed above.

Whole Wheat Spice Cookies: Prepare dough as directed, *except* use only 1½ cups *all-purpose flour,* ¾ cup *whole wheat flour,* 1 teaspoon *ground cinnamon,* ¼ teaspoon *ground cloves,* and ¼ teaspoon *ground allspice* or *ground nutmeg.* Bake and cool as above. To decorate, dip or drizzle cookies with *Sugar Glaze* and/or *Chocolate Glaze (see recipes, pages 139 and 140).* Place on waxed paper. If desired, immediately top with chopped *walnuts* or *chocolate-flavored sprinkles.* Let stand till glaze is set.

CHILLING COOKIE DOUGH

The firmness of a cookie dough after chilling depends on whether you use butter or margarine. Doughs made with butter will generally be firmer.

To chill, place dough in refrigerator for recommended time or in freezer for about one-third of the refrigerator chilling time. (Do not freeze cookie dough made with butter, as the dough will become too firm to slice.) Expect dough to be softer if you use 100 percent corn oil margarine instead of regular margarine. And do not use spread, diet, or soft-style margarine products in doughs, because your cookies may flop.

To refrigerate dough: Shape dough into rolls and wrap as directed on *page 137.* Store in the refrigerator for up to 1 week. Slice and bake as directed.

To freeze dough: Shape dough into rolls as directed on *page 137.* Wrap in moisture- and vaporproof wrap. Seal, label, and freeze for up to 6 months. To thaw, let stand at room temperature till soft enough to slice. Slice and bake as directed.

To freeze cookies: Shape and bake cookies as directed, *except* do not decorate. Place cookies in a freezer container. Seal, label, and freeze for up to 8 months. To thaw, let stand at room temperature for 1 hour. Decorate, if desired, as directed.

Nutrition information per cookie: *64 cal., 1 g pro., 8 g carbo., 3 g fat, 0 mg chol., 42 mg sodium, 15 mg potassium, and 0 g dietary fiber.*

COOKIE DECORATING IDEAS

Shape and decorate cookies as shown on our cover or design your own. These ideas will work on our Cream Cheese Sugar Cookies, Shape-



Up Cookies, and Slice-and-Bake Cookies (see recipes given on *pages 133, 134,* and *137*).

To decorate before baking: Top cookie dough with chocolate pieces, cut-up candied cherries, small decorative candies, colored sugar, crushed hard candies, chopped nuts, or coconut. You can also paint the unbaked dough with colored Cookie Paint (see recipe, *page 140*).

To decorate after baking: Dip, drizzle, or frost cookies with Sugar or Chocolate Glaze or Butter Frosting. If desired, top with chocolate pieces, raisins, dried fruit, cut-up candied cherries, small decorative candies, chocolate sprinkles, colored sugar, crushed hard candies, chopped nuts, or coconut.

To color dough: After mixing plain dough, divide it into as many portions as you'd like to color. Add a few drops food coloring (paste or liquid) to each dough portion. Work food coloring into dough. Chill or shape as directed.

To marbleize dough: Prepare dough; divide in half. Color *half* of the dough. Combine plain and colored doughs. Work doughs with hands until desired marbled effect is achieved. Shape as directed.

For patchwork dough: Prepare dough; divide and color with several colors. Pinch off generous teaspoons of differently colored doughs. Press pieces together to seal edges. Shape as directed in each recipe.

For quilt dough: Prepare dough as directed for each recipe; divide in half. Color *half* of the dough. Shape as directed in the recipe. Using smaller cutters or a knife, remove small cutout shapes from within cookie dough shapes. Fill cutout holes with the same shape of the differently colored dough. Bake as directed.

For dipped cookies: After baking and cooling, dip parts of cookies into plain or colored Sugar Glaze or Chocolate Glaze. If desired, let dry and dip into opposite color of glaze.

For frosted cookies: After baking and cooling the cookies, frost each with Butter Frosting (see recipe on *page 140*).

To drizzle cook.
and cooling, drizzle pla.
frosted cookies with plain o.
Sugar Glaze or Chocolate Glaze recipes *below* and on *page 140*).

For cookie sandwiches: Spread bottom of one cookie with Butter Frosting, fruit preserves, or jelly. Top with same shape cookie to make a sandwich. To show off the filling, the top cookie can be smaller than the bottom cookie or the top cookie can have the center cut out.

To paint cookies: After shaping dough, paint with Cookie Paint (see page 140), using a clean brush for each color. Bake as directed for each recipe.

SUGAR GLAZE

Three ingredients for sweet success—

2 cups sifted powdered sugar
1 Tbsp. light corn syrup
2 to 3 Tbsp. milk

● **In a small bowl stir together** powdered sugar, syrup, and enough of the milk to make a glaze of drizzling consistency. Makes ⅔ cup.

continued on page 140



cor ...es: After baking, dipped, or colored icing

...) semisweet

...s

2 Tbs... ...ng

● **In a small ... ...vy saucepan heat** chocolate pieces and shortening over low heat till melted, stirring often. Makes ⅔ cup.

Microwave directions: In a 2-cup measure combine chocolate pieces and shortening. Cook, uncovered, on 100% power (high) for 2 to 2½ minutes or till soft enough to stir smooth.

COOKIE PAINT

1 egg yolk
¼ tsp. water
Liquid food coloring

● **In a small mixing bowl beat** together egg yolk and water. Divide among 3 or 4 small bowls. Add 2 or 3 drops of food coloring to each bowl and mix well. Brush over cookies before baking. Makes 2 tablespoons paint.

BUTTER FROSTING

⅓ cup butter *or* margarine
4½ cups sifted powdered sugar
¼ cup milk
1½ tsp. vanilla
Milk

● **In a bowl beat** butter *or* margarine till fluffy. Gradually add 2 cups of the powdered sugar, beating well. Slowly beat in the ¼ cup milk and vanilla.

● **Slowly beat in** remaining sugar. Beat in additional milk, if needed, to make of spreading consistency. Tint with food coloring, if desired.

Chocolate Butter Frosting: Prepare as above, *except* beat ½ cup unsweetened cocoa powder into butter; reduce sugar to 4 cups.

APRICOT-ALMOND WREATHS

Share something homemade by giving a luscious bread wreath. Just one recipe yields three wonderful gifts—

4¼ to 4¾ cups all-purpose flour
1 pkg. active dry yeast
1 tsp. ground cardamom *or* ground cinnamon
¼ tsp. ground nutmeg
1⅓ cups orange juice



Twist two dough ropes together loosely, then curve into a circle.

¼ cup sugar
3 Tbsp. margarine *or* butter
½ tsp. salt
2 eggs
1 cup snipped dried apricots
½ cup chopped toasted almonds
Milk
1 recipe Orange Glaze (see recipe, *right*)
Snipped dried apricots (optional)

● **In a large mixer bowl stir** together *2 cups* of the flour, yeast, cardamom or cinnamon, and nutmeg; set aside.

● **In a small saucepan heat** and stir orange juice, sugar, margarine or butter, and salt just till warm (120° to 130°) and margarine or butter is almost melted. Add to flour mixture. Add eggs. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Stir in the 1 cup apricots and the almonds. Using a spoon, stir in as much of the remaining flour as you can.

● **Turn dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 1¼ hours). (See tip, *right.*)

● **Punch dough down;** turn out onto a lightly floured surface. Divide into 6 portions. Cover; let rest 10 minutes.

● **Roll each portion** into an evenly thick rope 20 inches long. Lay 2 ropes side by side and 1 inch apart; twist together loosely. Join ends to form a circle (see photo, *above*). Place on a lightly greased baking sheet. Repeat with remaining ropes. Cover; let rise till nearly double (about 45 minutes).

● **Brush dough with milk.** Bake in a 350° oven for 20 to 25 minutes or till golden. Cool on wire racks. Drizzle with Orange Glaze. Top with additional snipped apricots, if desired. Makes 3 wreaths, 12 servings each.

To freeze: Shape and bake bread as directed; cool. Do not glaze. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze for up to 3 months. To thaw, let stand, loosely covered, at room temperature for 2 to 3 hours. Top with Orange Glaze and apricots.

Nutrition information per serving with glaze: *102 cal., 3 g pro., 18 g carbo., 2 g fat, 12 mg chol., 45 mg sodium, 107 mg potassium, and 1 g dietary fiber. U.S. RDA: 13% thiamine, 10% riboflavin.*

ORANGE GLAZE

A sweet note that blends with the tart flavor of Apricot-Almond Wreaths—

½ cup sifted powdered sugar
¼ tsp. vanilla
2 to 3 tsp. orange juice

● **In a small mixing bowl stir** together powdered sugar and vanilla. Stir in enough orange juice to make a glaze of drizzling consistency. Makes ⅔ cup.

RAISING YEAST DOUGH

Yeast dough raises best in a place that's 80° to 85° and free of drafts, such as an *unheated* oven. Simply place the bowl of dough on one rack and a large pan of hot water on the rack underneath.

To see if the dough has risen enough and is ready for shaping, press 2 fingers a half inch into the dough. If the indentation remains when you remove your fingers, the dough is ready for the next step.

DOUBLE OAT BREAD

Cut the wait for freshly baked bread by partially baking before freezing—

1½ cups water
¾ cup regular rolled oats
4½ to 5 cups all-purpose flour
2 pkg. active dry yeast
¾ cup milk
¼ cup margarine *or* butter
2 Tbsp. sugar
1 tsp. salt
2 eggs
1½ cups oat bran
⅓ cup molasses
Rolled oats, poppy seed, *or* sesame seed

continued on page 142



Presenting the original, one and only Moist & Minty Brownie.

It's that wonderful surprise of mint from those delicious Nestlé® Toll House® Mint Morsels that makes our Moist & Minty Brownies a wickedly rich taste sensation.

Moist & Minty Brownies

1¼ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
¾ cup sugar
½ cup (1 stick) butter
2 tablespoons water
One 10-oz. package (1½ cups) NESTLÉ® TOLL HOUSE® Mint Flavored Semi-Sweet Chocolate Morsels, divided
1 teaspoon vanilla extract
2 eggs

Preheat oven to 350°F. In small bowl, combine flour, baking soda and salt; set aside. In small saucepan, combine sugar, butter and water. Bring *just to a boil*; remove from heat.* Add 1 cup NESTLÉ® TOLL HOUSE® Mint Flavored Semi-Sweet Chocolate Morsels and vanilla extract, stirring until morsels are melted and mixture is smooth. Transfer to large mixer bowl. Add eggs, one at a time, beating well after each addition. *Stir* in flour mixture and remaining NESTLÉ® TOLL HOUSE® Mint Morsels. Spread into greased 9-inch square baking pan. Bake 25-35 minutes just until center is set. Cool completely. Cut into 2¼-inch squares. Makes 16 brownies.

*Or combine ingredients in bowl. Microwave on HIGH power 1½ minutes; stir. Microwave on HIGH 1½ minutes longer; stir until smooth.



MANUFACTURER COUPON | EXPIRES APRIL 30, 1991

SAVE 40¢

Nestlé®Toll House®Mint Morsels



517971

TO THE DEALER: You will be reimbursed for the face value of this coupon plus 8¢, if submitted in compliance with Nestlé Foods Corporation Redemption Policy incorporated herein by reference. Good only in U.S.A. Consumer must pay Sales Tax. Void where Prohibited/Taxed/Restricted. Cash value 1/100¢.
FOR REDEMPTION MAIL TO: NESTLÉ FOODS CORPORATION, P.O. BOX 20003, EL PASO, TEXAS 79998. LIMIT: ONE COUPON PER PURCHASE.

5 28000 51240 3

© 1990 The Nestlé® Foods Corporation

THE JOY OF HOLIDAY BAKING

continued from page 140

● **In a medium saucepan bring** water to boiling; add the ¾ cup rolled oats. Reduce heat; simmer, uncovered, about 8 minutes or till water is nearly absorbed. Cover saucepan. Let stand for 10 minutes. Uncover and cool cooked oats to lukewarm.

● **In a large mixer bowl stir** together *1½ cups* flour and the yeast; set mixture aside.

● **In a small saucepan heat** and stir milk, margarine or butter, sugar, and salt just till warm (120° to 130°) and margarine or butter is almost melted. Add to flour mixture. Add eggs. Beat with an electric mixer on low speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in the cooled oat mixture, oat bran, and molasses. Stir in as much of the remaining flour as you can.

● **Turn the dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double (about 1 hour). (See tip, *page 140.*)

● **Punch dough down;** turn out onto a lightly floured surface. Divide dough in half. Cover and let rest for 10 minutes. Divide *each* dough half into 9 portions for square or round loaves or 10 portions for rectangular loaves. Shape dough into balls. Place 9 or 10 balls in *each* of two greased 8x8x2-inch baking pans, 8x1½-inch round baking pans, or 9x5x3-inch loaf pans. Cover; let rise till nearly double (30 to 40 minutes).

● **Brush top of risen dough** with water; sprinkle with rolled oats, poppy seed, or sesame seed. Bake in a 375° oven for 30 to 35 minutes or till bread sounds hollow when tapped, covering with foil the last 10 minutes to prevent overbrowning, if necessary. Remove from pans and cool on a wire rack. Makes 2 loaves, 9 or 10 servings each.

Mini Double-Oat Loaves: To make 4 smaller loaves, prepare dough and let rise once as directed. Divide dough into 4 portions, making 10 balls from each portion. Arrange 10 balls in each of four 7½x3½x2-inch loaf pans. Let rise and bake as directed.



Bake Double Oat Bread in loaf, square, or round pans.

To freeze: Prepare, shape, and let dough rise as directed above. Do not brush with water or top with oats, poppy seed, or sesame seed. Bake untopped loaves in a 300° oven about 25 minutes or till loaves just start to brown. Remove from pans and cool on wire racks. Transfer loaves to freezer bags. Seal, label, and freeze for up to 3 months.

To thaw, partially uncover loaves; let stand at room temperature for 15 minutes. Remove wrapping; place loaves on a greased baking sheet. Brush with water; sprinkle with oats, poppy seed, or sesame seed. Bake, uncovered, in a 375° oven about 20 minutes (15 minutes for smaller loaves) or till bread sounds hollow when tapped, covering with foil the last 10 minutes to prevent overbrowning, if necessary. Remove loaves from pans; cool on wire racks.

Nutrition information per roll: *202 cal., 6 g pro., 37 g carbo., 4 g fat, 25 mg chol., 162 mg sodium, 183 mg potassium, and 3 g dietary fiber. U.S. RDA: 39% thiamine, 22% riboflavin, 17% niacin, 14% iron.*

continued on page 144

Bake a Gift of Love



BRAN BUBBLE LOAF

Makes 1 loaf or 18 rolls

1 cup NABISCO 100% Bran
1 cup boiling water
½ cup BLUE BONNET Margarine
3½ to 4 cups all-purpose flour
2 packages FLEISCHMANN'S RapidRise Yeast
2 tablespoons sugar
1 teaspoon salt
2 eggs, at room temperature
1 cup DROMEDARY Chopped Dates or DROMEDARY Pitted Dates, snipped
1 cup PLANTERS Gold Measure Walnuts or Pecans, chopped
½ cup maple-flavored syrup

Mix bran, water and ¼ cup margarine; cool until very warm, 125° to 130°F. In large bowl, mix 2 cups flour, undissolved yeast, sugar and salt; stir in warm bran mixture. Mix in eggs, dates and enough additional flour to make soft dough. On lightly floured surface, knead until smooth and elastic, about 6 to 8 minutes. Cover; let rest 10 minutes. Divide dough into 20 pieces; shape into balls. Melt remaining ¼ cup margarine; dip balls in margarine. Place 10 balls in greased 9 x 5 x 3-inch loaf pan; sprinkle with ½ cup chopped nuts. Repeat layer. Cover; let rise in warm draft-free place until doubled in size, 45 to 60 minutes.

Bake at 375°F for 35 to 40 minutes or until done. To prevent over browning, loosely cover with foil during last 10 minutes. Remove from oven; slowly drizzle syrup over loaf. Cool in pan on wire rack for 15 minutes. Remove from pan; cool completely on wire rack.

BRAN BUBBLE ROLLS: Prepare dough as above; divide into 18 pieces. Roll dough pieces into 6-inch ropes; coil ropes and place in 18 greased 2½-inch muffin-pan cups. Melt remaining ¼ cup margarine; brush over rolls. Sprinkle rolls with nuts; press in lightly. Cover; let rise as directed above. Bake at 375°F for 15 minutes or until done. Drizzle rolls with syrup and cool as above.

Questions about baking with Fleischmann's Yeast? Call 1-800-227-6202.

NTERS LIFESAVERS COMPANY

THE JOY OF HOLIDAY BAKING

continued from page 142

CHEDDAR CHEESE BOWS

Grated Parmesan cheese turns golden and crunchy on top—

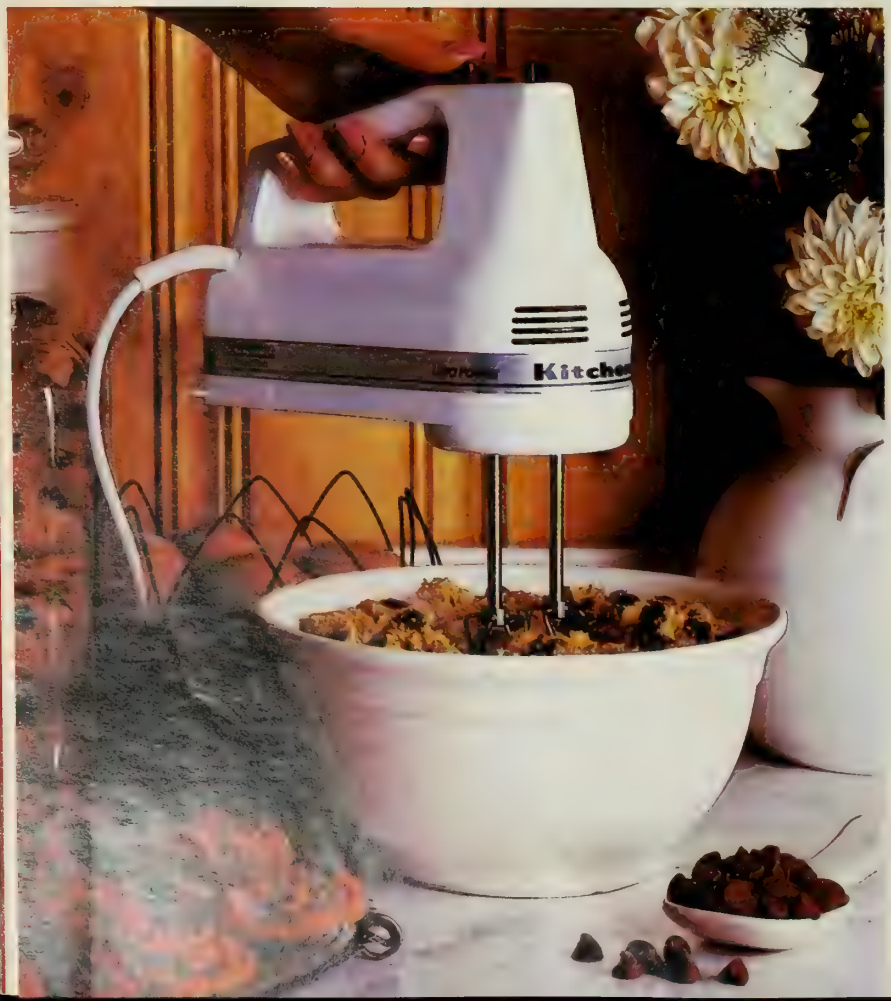
6¾ to 7¼ cups all-purpose flour
3 cups shredded cheddar, Swiss, *or* Monterey Jack cheese
2 pkg. quick-rising active dry yeast
2½ cups milk
½ cup sugar
1 tsp. salt
2 eggs
Milk
Grated Parmesan cheese

● **In a large mixer bowl stir** together *3 cups* of the flour; the cheddar, Swiss, or Monterey Jack cheese; and yeast; set aside.

● **In a medium saucepan heat** and stir the 2½ cups milk, the sugar, and salt just till warm (120° to 130°). Add to flour mixture. Add eggs. Beat with an



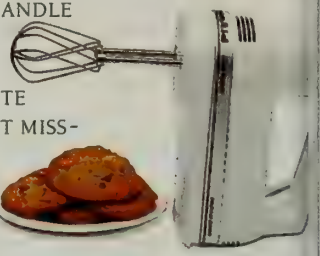
No need for ribbons when giving these showy Cheddar Cheese Bows.



OUR NEW HIGH PERFORMANCE COMPACT.

YOU'D EXPECT A NEW HAND MIXER GOOD ENOUGH FOR KITCHENAID® TO BE STRONG. DURABLE. AND BUILT TO LAST. YOU' EXPECT IT TO HANDLE STIFF COOKIE DOUGHS— EVEN CHOCOLATE CHIP—WITHOUT MISS-ING A BEAT. TO BE DESIGNED SO CLEANING'S A SNAP. AND SO IT WON'T TIP OVER. YOU'D EXPECT IT TO BE MADE WITH THE SAME HIGH QUALIT AS OUR BIG MIXERS.

THE NEW KITCHENAID® HAND MIXEI IT'S EXACTLY WHAT YOU'D EXPECT.



KitchenAid®
FOR THE WAY IT'S MADE.™

FOR LITERATURE WRITE KITCHENAID, DEPT C-1M, P.O. BOX 3900, PEORIA, IL 6161



Form two loops for the bow, then overlap ends in the center and twist.

electric mixer on low to medium speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in as much remaining flour as you can.

● **Turn the dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover and let rest for 10 minutes.

● **Turn the dough out** onto a lightly floured surface. Divide dough into 4 portions. Roll each portion into a 12-inch square. Cut each square into twelve 12x1-inch strips.

● **On lightly greased** or foil-lined baking sheets, shape each strip into a bow by forming 2 loops and bringing ends to center, so ends overlap about 1½ inches. Twist ends together once (see photo, *above*). Press dough together at center. Cover and let rise in a warm place till nearly double in size (20 to 30 minutes).

● **Brush rolls** with additional milk; sprinkle with Parmesan cheese. Bake in a 375° oven 12 minutes or till golden. Cool on wire racks. Makes 48.

To refrigerate: Prepare and shape dough as directed, *except* do not allow dough to rise or bake. Cover dough with oiled waxed paper. Refrigerate for up to 24 hours. To bake, let bows stand, loosely covered, at room temperature for 30 minutes to rise. Brush with milk and top with Parmesan cheese. Bake as directed.

To freeze: Prepare and shape as directed, *except* do not allow dough to rise or bake. Cover bows tightly with moisture- and vaporproof wrap. Seal, label, and freeze for up to 4 months. To bake, let bows stand, loosely covered, at room temperature for 1¼ hours to thaw and rise. Brush with milk and top with Parmesan cheese. Bake as directed.

Nutrition information per bow: *112 cal., 4 g pro., 16 g carbo., 3 g fat, 18 mg chol., 102 mg sodium, 55 mg potassium, and 1 g dietary fiber. U.S. RDA: 15% thiamine, 13% riboflavin.*



POWER TOOL.

IT'S OUR STRONGEST MIXER. WITH THE ROOMIEST BOWL— EVEN MIXES THREE LOAVES OF BREAD AT ONCE. IT OFFERS THE MOST OPTIONAL ATTACHMENTS, TOO. AND LIKE ALL OUR MIXERS, IT'S CONSTRUCTED OF METAL TO LAST AND LAST.

IT'S THE KITCHENAID HEAVY DUTY, FIVE-QUART MIXER IN OUR IMPERIAL GREY. THE BEST WE MAKE. PUT IT TO WORK FOR YOU.

KitchenAid®
FOR THE WAY IT'S MADE™



FOR LITERATURE WRITE KITCHENAID, DEPT. C-1M, P.O. BOX 3900, PEORIA, IL 61614

PUMPKIN GINGERBREAD LOAVES

No holiday baking spree would be complete without the aroma of spicy gingerbread wafting through your kitchen—

2 cups all-purpose flour
½ cup packed brown sugar
2 tsp. baking powder
1 tsp. ground cinnamon
½ tsp. baking soda
1 cup canned pumpkin
½ cup molasses
2 eggs
⅓ cup margarine *or* butter
¼ cup milk
1 Tbsp. grated gingerroot *or* 1 tsp. ground ginger
⅓ cup finely chopped walnuts
2 Tbsp. sugar

● **Grease bottom and sides** of four 4½x2½x1½-inch loaf pans. (See tip, *page 147.*) Set aside.

● **Stir** together *1 cup* of the flour, the brown sugar, baking powder, cinnamon, and baking soda. Add pumpkin, molasses, eggs, margarine or butter, milk, and gingerroot or ginger.

● **Beat with an electric mixer** on low to medium speed 30 seconds or till combined. Beat on medium to high speed 2 minutes, scraping sides of bowl occasionally. Add remaining flour; beat 2 minutes or till mixed. Divide batter evenly among pans.

● **For topping, stir together** walnuts and sugar; sprinkle evenly over batter. Bake in a 350° oven for 40 to 50 minutes or till a toothpick inserted near center of each loaf comes out clean. Cool loaves in pans on wire racks for 10 minutes. Remove from pans. Cool thoroughly on wire racks. Makes 4 loaves, 8 servings each.

To freeze: Wrap each loaf tightly in moisture- and vaporproof wrap. Seal, label, and freeze for up to 6 months. To thaw, let stand, loosely covered, at

continued on page 146

THE JOY OF HOLIDAY BAKING

continued from page 145

room temperature for 1 hour. Or, to micro-thaw, place 1 unwrapped loaf on a microwave-safe paper towel. Micro-cook, uncovered, on 30% power (medium-low) for 1 to 1½ minutes.

Nutrition information per serving: *89 cal., 2 g pro., 14 g carbo., 3 g fat, 14 mg chol., 61 mg sodium, 100 mg potassium, and 0 g dietary fiber. U.S. RDA: 25% vit. A.*

CRANBERRY-HAZELNUT BREAD

Stir the batter when filling the pans so each loaf gets a fair share of fruit—

1½ cups all-purpose flour
1 tsp. ground cinnamon
½ tsp. baking powder
¼ tsp. baking soda
¼ tsp. ground cloves
1 cup dried cranberries, dried pitted cherries, *or* snipped dates



Dried berries sparkle in Cranberry-Hazelnut Bread.



⅓ cup dried blueberries *or* raisins
⅓ cup chopped hazelnuts *or* pecans
2 eggs
¾ cup packed brown sugar
½ cup orange juice
⅓ cup cooking oil
Brandy

● **Grease bottom and sides** of four 4½x2½x1½-inch loaf pans (see tip, *right*). Set aside.

● **In a large mixing bowl stir** together flour, cinnamon, baking powder, baking soda, and cloves. Add cranberries or cherries, blueberries or raisins, and hazelnuts or pecans.

● **In a medium mixing bowl beat** eggs; stir in brown sugar, orange juice, and cooking oil. Stir into fruit mixture. Spoon about *¾ cup* of the batter into *each* pan, stirring batter often.

● **Bake loaves in a 300° oven** about 40 minutes or till a toothpick inserted near the center of each loaf comes out clean. Cool the loaves in the pans on wire racks for 10 minutes. Remove loaves from pans. Cool thoroughly on wire racks.

● **Wrap loaves** in brandy-moistened cheesecloth. Over-wrap with foil. To mellow flavors, store in the refrigerator for up to 8 weeks. Remoisten cheesecloth with about 1 tablespoon brandy once a week or as needed. Makes 4 loaves, 8 servings each.

Nutrition information per serving: *94 cal., 1 g pro., 15 g carbo., 3 g fat, 13 mg chol., 18 mg sodium, 54 mg potassium.*

GREASING BREAD PANS

Grease the baking pans for breads on the bottoms and only halfway up the sides. That way, your loaves will have nicely rounded tops and no unwanted rims around the edges.

TREASURED DESSERTS

Pictured on pages 128–129

RUM-RAISIN STEAMED PUDDING

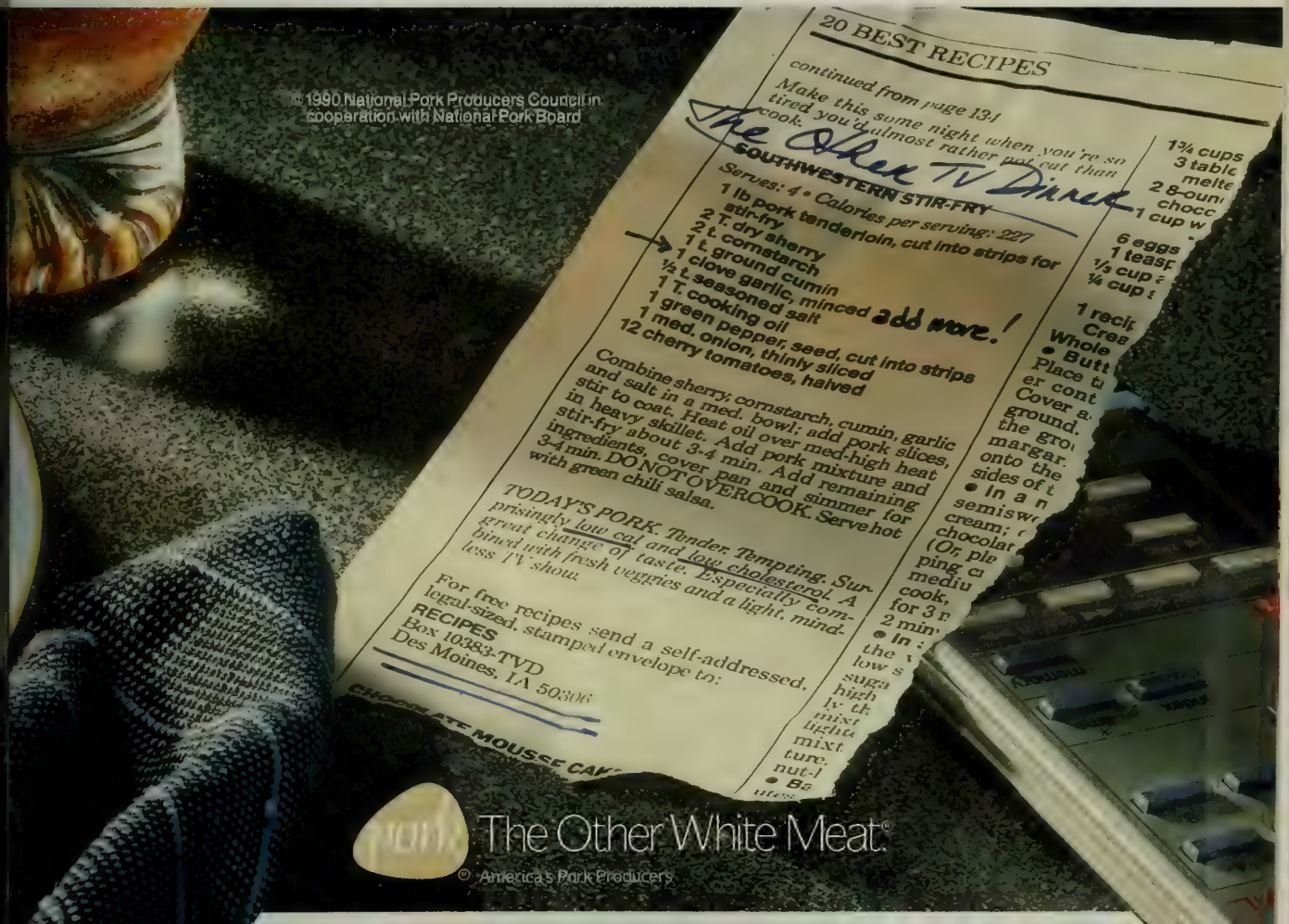
Try stirring in light and dark raisins—

1 egg
3 slices white bread, torn into pieces
¾ cup dairy eggnog
¾ cup all-purpose flour
¾ tsp. baking soda
½ tsp. ground nutmeg
⅔ cup packed brown sugar
½ cup margarine *or* butter, cut up
2 Tbsp. rum *or* brandy
2 cups raisins
½ cup chopped walnuts
Sugared orange peel curls* (optional)
3 Tbsp. rum *or* brandy (optional)
1 recipe Rum Hard Sauce (optional) (see recipe, *page 148*)

● **Lightly beat** egg, using a fork. Add bread and eggnog; let stand about 3 minutes or till softened. Meanwhile, in another bowl stir together flour, baking soda, and nutmeg; set aside.

● **Stir bread mixture** to break up. Stir in sugar, margarine, and 2 tablespoons rum. Stir in raisins and nuts. Add flour mixture; stir till combined.

continued on page 148



THE JOY OF HOLIDAY BAKING

continued from page 147

● **Lightly grease** a 6-cup mold or heat-safe mixing bowl (see tip, *page 147*). Pour bread mixture into prepared mold or bowl. Cover with foil, pressing tightly against rim of mold or bowl. Place, foil side up, on a rack in a deep kettle. Add *boiling water* to 1 inch up sides of the mold. Cover the kettle. Bring water to a gentle boil.

● **Steam about 2½ hours** or till a wooden skewer inserted near the center of the pudding comes out clean, adding more boiling water as necessary during cooking.

● **Carefully remove mold** or bowl from kettle. Cool on a wire rack for 10 minutes. Invert pudding onto a serving platter; remove the mold or bowl. If desired, garnish pudding with sugared orange peel curls (see recipe *below*). If desired, in a saucepan heat the 3 tablespoons rum or brandy till hot. Ignite with a long match and pour over pudding. Serve after flame goes out. If desired, serve with Rum Hard Sauce (see recipe *below*). Makes 8 to 10 servings.

To refrigerate: Prepare and steam pudding as directed above; unmold and wrap tightly in foil. Store in the refrigerator for up to 2 weeks. To reheat, place the foil-wrapped pudding on a baking sheet. Bake in a 350° oven about 40 minutes or till pudding is heated through. Serve as directed above, using sugared orange peel curls and Rum Hard Sauce if desired.

***Sugared orange peel curls:** Cut long strips of orange peel. Curl up the strips, then place in a small bowl of sugar; coat well. Remove coated peel from bowl and let stand on waxed paper to dry. Store in a cool, dry place for up to 1 week.

***Nutrition information per serving without sauce:** 464 cal., 6 g pro., 70 g carbo., 19 g fat, 41 mg chol., 299 mg sodium, 489 mg potassium, and 3 g dietary fiber. U.S. RDA: 22% vit. A, 25% thiamine, 19% riboflavin, 12% niacin, 12% calcium, 14% iron.*

RUM HARD SAUCE

Spoon it on and watch it melt into the warm pudding—

1 cup sifted powdered sugar
¼ cup margarine *or* butter, softened
1 Tbsp. rum *or* brandy

● **In a small mixer bowl combine** the sugar and the margarine or butter. Beat with an electric mixer on medium speed for 3 to 5 minutes or till combined.

● **Beat in the rum or brandy.** Spoon sauce into a serving bowl. Cover and chill about 3 hours or till firm. Makes ⅔ cup.

***Nutrition information per serving:** 79 cal., 0 g pro., 10 g carbo., 5 g fat, 0 mg chol., 54 mg sodium, 3 mg potassium, and 0 g dietary fiber.*



Using a fork, lightly score the tart across the top.

HONEY-PISTACHIO TART

Some pistachio nuts bear holiday colors: green inside, with shells of red—

½ cup sugar
¼ cup honey
¼ cup water
1½ cups chopped toasted pistachio nuts *or* pecans
½ cup mixed dried fruit bits *or* raisins
½ cup milk
2 Tbsp. margarine *or* butter
2 cups all-purpose flour
⅔ cup margarine *or* butter, cut up
1 egg
¼ cup cold water
1 beaten egg yolk
Whipped cream (optional)

● **For filling,** in a medium saucepan combine sugar, honey, and the ¼ cup water. Bring to boiling, stirring gently till sugar is dissolved. Reduce heat to medium-low; boil gently about 15 minutes or till mixture turns a light caramel color, stirring occasionally.

● **Stir in the toasted nuts,** fruit bits or raisins, milk, and the 2 tablespoons margarine or butter. Return to boiling. Boil gently over low heat about 5 minutes more or till slightly thickened, stirring occasionally. Set aside to cool to room temperature.

● **Meanwhile, for dough,** place flour in a large mixing bowl. Using a pastry cutter or fork, cut in the ⅔ cup margarine or butter till pieces are the size of small peas. In a small bowl beat egg; stir in the ¼ cup cold water. Add egg mixture to flour mixture. Toss with a fork till moistened. Divide dough in half; form each half into a ball. Wrap and chill till filling is cool.

● **On a lightly floured surface,** flatten one dough portion at a time with hands and roll into an 11-inch circle. To transfer pastry, wrap one dough circle around the rolling pin; unroll onto a 9x1½-inch flan pan, quiche dish, or cake pan. Ease dough into pan, being careful not to stretch pastry. Let dough hang over edges. Spread filling evenly over crust. Top with remaining dough circle. Trim dough ½ inch beyond edge of pan. Fold edges over toward center of tart, pressing to seal well. Brush egg yolk over dough. With a fork, gently make crisscross patterns in the surface of dough (see photo, *left.*) Prick top.

● **Bake in a 375° oven** for 40 to 45 minutes or till golden. Cool in pan on a wire rack. If using a flan pan, remove sides. Serve with whipped cream, if desired. Serves 8 to 12.

To freeze: Prepare as directed, up to and including brushing dough with egg yolk. Do not bake. Freeze for 30 minutes. Wrap tightly in moisture- and vaporproof wrap; seal, label, and freeze for up to 3 months. To serve, unwrap and bake in a 375° oven for 50 to 55 minutes or till crust is golden brown. Cool and serve as directed.

***Nutrition information per serving:** 544 cal., 10 g pro., 59 g carbo., 32 g fat, 55 mg chol., 238 mg sodium, 414 mg potassium, and 3 g dietary fiber. U.S. RDA: 36% vit. A, 45% thiamine, 24% riboflavin, 18% niacin, 19% iron.*

APPLE-FIG PIE

Look for light Calimyrna figs or dark Mission figs—

½ cup sugar
1 Tbsp. cornstarch
1 tsp. purchased *or* Homemade Apple Pie Spice*

continued on page 151



We changed one ingredient in these cookies.

The pan.

Wearever® Cushionaire® cookie sheet is the only
erence between the cinder cookies above and the
utiful ones below. The recipe, oven and cooking temperatures
e the same.

Our Cushionaire design prevents burning. The cookie sheet is a
ble layer of aluminum with insulating air in between. Air keeps the
baking surface cooler, so cookies don't burn. Neither do
biscuits, rolls and other baked goods.



etween layers of the
nsulates cookies from
ng heat.



CushionAire® by WEAREVER®

We'll Make You A Better Cook.

NO MORE BURNT COOKIES

You'll find Cushionaire cookie sheets, cake, muffin and jelly roll pans in better stores. For the nearest one, call 1-800-527-7727.

Wearever – the most important ingredient in baking success. A MEMBER OF The newell group™



90, Wearever, Manitowoc, WI

For A Light And Flaky Pie Crust
Your Family Will Gobble Up...



Crisco is the Recipe for Success.
With 50% less saturated fat than butter and no cholesterol.*

*cup-for-cup basis

Here's Your Recipe for Success. The Crisco Crust.

8- or 9-Inch Double Crust
cups all-purpose flour 1 tsp. salt
p Crisco Shortening 5 tbsp. cold water

bine flour and
n bowl.

Crisco into flour
pastry blender
knives) to form
ize chunks.
nkle water one
at a time. **Toss**
ly with fork until
h forms ball.
de in half.

s to form two 5-
in. "pancakes."
r each side.
e one into a 2-
n (13 x 15 in.)
ic food storage
or between
ts of wax paper.
ot close bag.
er "pancake."

e on dampened
ter top. **Roll**
h into circle, 1 in.
er than upside-
n pie plate.
inkle flour on
ry if it sticks.)
for even rolling.
eat for top crust.

bag on all 3 sides.
ove top sheet.

into pie plate.

off plastic. **Press**
pie plate. **Trim**
even with pie
e. **Add** filling and
ten edge. **Cover**
top crust and
1 in. larger than
plate. **Fold** under
flute.

t and bake
rding to recipe.

s Indiana Hoosier Harvest Apple Pie recipe and other winning pie recipes from all 50 states, send $1.25 or money order) to: *1990 American Pie Celebration ook*, P.O. Box 9949, Maple Plain, MN 55393.



THE JOY OF HOLIDAY BAKING

continued from page 148



A festive garland of leaf pastry cutouts ring Apple-Fig Pie.

6 oz. dried figs, stems removed and finely chopped (1 cup)
1 cup cold water
2 Tbsp. honey
1 tsp. finely shredded lemon peel
2 Tbsp. lemon juice
4 cups thinly sliced, peeled, cooking apples (about 1½ lb.)

• • •

1 15-oz. pkg. folded refrigerated unbaked piecrusts (2 crusts), at room temperature
1 egg
1 Tbsp. water
Whipped cream (optional)

● **For filling,** in a large saucepan stir together sugar, cornstarch, and spice. Stir in figs, the 1 cup water, honey, lemon peel, and lemon juice. Cook and stir till thickened and bubbly. Remove from heat; gently stir in apples.

● **Line a 9-inch pie plate** with one of the pastry crusts. Pour filling into pie plate; spread evenly. Trim pastry to edge of pie plate.

● **Using an hors d'oeuvre** or cookie cutter, cut leaf shapes out of center of top crust; place crust over filling. Arrange leaf cutouts on pastry. Seal and flute pastry edges in desired pattern. In a small bowl beat egg and stir in the 1 tablespoon water; brush onto crust.

● **To prevent overbrowning,** cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil; bake about 25 minutes more or till golden. Cool on wire rack. Serve with whipped cream. Makes 8 servings.

To freeze: Prepare pie as directed, *except* do not make cutouts in top crust, brush with egg mixture, or bake. Cover unbaked pie with an inverted 10-inch paper plate. Place in a freezer container. Seal, label, and freeze for up to 4 months.

To bake, uncover frozen pie. Prick or cut slits in top crust. Cover completely with foil. Bake in a 375° oven for 45 minutes. Uncover and brush with egg mixture. Bake about 40 minutes more or till crust is golden brown. Cover edge of pie crust with foil the last 15 minutes of baking to prevent overbrowning, if necessary.

***Homemade Apple Pie Spice:** In a storage container combine 1 tablespoon *ground cinnamon,* 1½ teaspoons *ground nutmeg,* 1 teaspoon *ground allspice,* and ¼ teaspoon *ground cloves.* Store, tightly covered, in a cool, dry place.

***Nutrition information per serving:** 405 cal., 4 g pro., 64 g carbo., 16 g fat, 27 mg chol., 221 mg sodium, 261 mg potassium, and 4 g dietary fiber.*

RIBBON-OF-CRANBERRY CHEESECAKE

The ribbon inside appears when you cut the first slice—

1½ cups finely crushed vanilla wafers (about 33)
6 Tbsp. margarine *or* butter, melted
1 cup sugar
2 Tbsp. cornstarch
1½ cups fresh *or* frozen cranberries
1 cup orange juice
1 cup low-fat cottage cheese
2 8-oz. pkg. Neufchâtel cheese, softened
1 cup sugar
2 Tbsp. all-purpose flour
2 tsp. vanilla
3 eggs
2 tsp. finely shredded orange peel
1 8-oz. carton low-fat vanilla yogurt

● **For crust,** in a medium bowl combine vanilla wafers and margarine or

continued on page 152

THE JOY OF HOLIDAY BAKING

continued from page 151

butter. Press mixture onto bottom and 1 inch up sides of a 9-inch springform pan. Set aside.

● **For sauce,** in a medium saucepan stir together the first 1 cup sugar and cornstarch. Stir in cranberries and orange juice. Cook and stir over medium heat till bubbly. Cook and stir 2 minutes more. Remove *¾ cup* of the sauce; cool slightly. Cover and chill remaining sauce till serving time.

● **Place the ¾ cup sauce** in a blender container or food processor bowl. Cover and blend or process till smooth. Set aside. Wash blender container or food processor bowl.

● **Place cottage cheese** in the blender container or food processor bowl. Cover and blend or process till smooth. Transfer to a large mixing bowl. Add Neufchâtel cheese, the remaining 1 cup sugar, flour, and vanilla. Beat with an electric mixer on medium speed till combined. Add eggs all at once; beat on low speed just till combined. Stir in orange peel. Pour *half* the cheese mixture into crust-lined pan. Drizzle sauce over cheese mixture in pan. Carefully top with the remaining cheese mixture, covering sauce as much as possible.

● **Place cheesecake** on a shallow baking pan in a 375° oven. Bake for 45 to 50 minutes or till center appears nearly set when shaken. Cool on a wire rack for 15 minutes; loosen the sides of the pan. Cool completely. Cover and chill till serving time.

● **To serve,** spread cheesecake with vanilla yogurt; top with some of the reserved chilled sauce. Pass remaining sauce. Makes 12 servings.

To freeze: Prepare, bake, and cool cheesecake as directed. Freeze on bottom of springform pan for 1 hour; remove bottom of pan. Transfer cake to a large freezer bag or container. Seal, label, and freeze up to 3 months. Freeze reserved sauce separately. To serve, thaw sauce and cheesecake, loosely covered, in the refrigerator about 24 hours. Top as directed.

Nutrition information per serving: *407 cal., 10 g pro., 52 g carbo., 18 g fat, 92 mg chol., 362 mg sodium, 184 mg potassium, and 0 g dietary fiber. U.S. RDA: 26% vit. A, 21% vit. C, 21% riboflavin, 11% calcium.*

MORE BAKING TIPS
The Better Homes and Gardens® Test Kitchen answers your often-asked questions

Q. ***How important is it that ingredients be accurately measured? If I'm off just a little bit, does it matter?***

A. When it comes to baking, it is very important to measure accurately to insure successful results. Too much flour, milk, sugar, or leavening can ruin a good recipe.

● **To measure liquids,** use a standard glass or clear plastic measuring cup. Place on a level surface and keep your eye level with the marking you wish to read. Fill the cup up to the marking. Don't lift the cup off the counter; your hand is not as steady as the counter.



● **To measure dry ingredients,** use a measuring cup that is the exact capacity you need. (Don't use a glass measuring cup.) Lightly spoon ingredient into cup. Use a metal spatula or straight side of a kitchen knife to level off. Never pack dry ingredients except brown sugar. Pack brown sugar just enough so that it holds the shape of the measure when turned out.

Q. ***What are the keys to great baking results?***

A. There are several key steps in preparing any recipe.

● Read the entire recipe before you begin, then follow it exactly.

● Beat fat (shortening, margarine, or butter) for cookies with an electric mixer on *medium* speed about 30 seconds to soften. Using high speed may sling the margarine out of the bowl. Low speed can burn out the motor.

● For stiff doughs, beat in flour with a full-size electric mixer or stir by hand.

● Preheat the oven about 10 minutes before baking.

● Bake on middle rack.

● Check for doneness at the minimum baking time given in the recipe. Set the kitchen timer.

● Cool baked goods on a wire rack.

Q. ***What's the best way to freeze extra baked goods?***

A. That depends in part on the type of baked products.

● **Breads, rolls, biscuits:** Bake and cool. Seal in a freezer bag or container. Store up to three months.

● **Cakes, cupcakes:** Bake, remove from pans; cool. Freeze, unfrosted, on a tray, then wrap in moistureproof, vaporproof wrap. Store up to six months.

● **Cookies:** *For unbaked cookies,* drop dough on a tray. Freeze till firm; put into bags. Or, shape into rolls; wrap individually in moistureproof, vaporproof wrap. Store up to six months.

For baked cookies, cool. Freeze in containers up to six to eight months.

● **Pies:** *For unbaked pies:* Do not freeze pecan or custard pies. Treat light-colored fruit with ascorbic-acid color keeper. Prepare pie as usual but do not cut slits in top. Use a metal or freezer-to-oven pie plate. Cover with inverted paper plate to protect crust. Place in a freezer bag. Store up to two to four months.

For baked pies: Do not freeze cream or custard pies. Bake pie and let it cool. Package as for unbaked pies. Store up to six to eight months.



MORE BAKING IDEAS

For more baking ideas, look for the just-released *Better Homes and Gardens® Old-Fashioned Home Baking* cookbook in book stores, or turn to *page 195* to order.

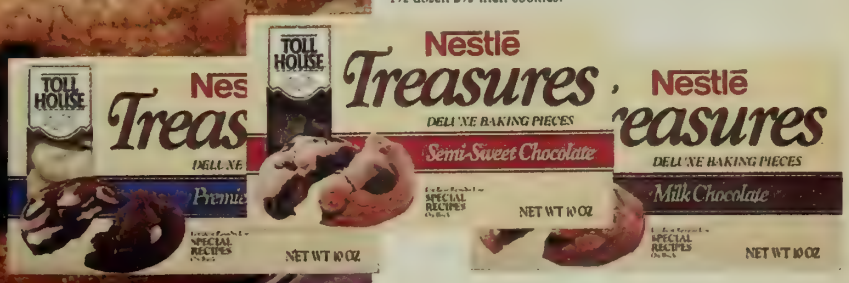


Take just one bite of a cookie made with Nestlé® Toll House® Treasures™, and you're transported to chocolate heaven. With more rich premium chocolate in every bite, you've never tasted anything this incredible before.

GOLDEN CHOCOLATE TREASURE™ COOKIES

- 1½ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup (1½ sticks) butter, softened
- ½ cup sugar
- ½ cup firmly packed brown sugar
- 1 egg
- ½ teaspoon vanilla extract
- One 10-oz. package (1½ cups) NESTLÉ® TOLL HOUSE® Treasures™ Semi-Sweet Chocolate Deluxe Baking Pieces
- 1 cup coarsely chopped pecans or walnuts

Preheat oven to 375°F. In small bowl, combine flour, baking soda and salt; set aside. In large mixer bowl, beat butter, sugar and brown sugar until creamy, 3–5 minutes. Beat in egg and vanilla extract. Gradually blend in flour mixture. Stir in Nestlé® TOLL HOUSE® Treasures™ Semi-Sweet Chocolate Baking Pieces and nuts. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheets. Bake 8–10 minutes. Let stand 2 minutes before removing from cookie sheets; cool completely. Makes about 1½ dozen 2½-inch cookies.



COOK-TO-COOK

FROM MY KITCHEN TO YOURS

I bake extra stuffing with the turkey, because when seconds go around, it's the stuffing I reach for first.

—Julia Malloy, Associate Food Editor





PHOTOGRAPHS: SCOTT LITTLE; FOOD STYLIST: JANET HERWIG

THE HOLIDAY BIRD

When I think of turkey and stuffing, I picture the Iowa farm that's home to our Thanksgiving celebration every year. From the farm's sturdy apple trees (and Grandma's recipe box) comes a sweet apple stuffing that's a family legacy. I don't know which is older—Grandma's stuffing recipe or the farm, which has been in my husband's family for more than 100 years.

Grandma used to serve this stuffing in a farm-raised duck or goose. But when her children took over cooking the bird, they opted for turkey because it was easier to find. Knowing we are next in line to roast the Thanksgiving turkey, my husband and I now treasure the recipe and have fixed it several times already in our own kitchen.

Making this simple recipe proved to me that stuffing and roasting a turkey is surprisingly easy. The trickiest part is timing the bird and stuffing so they'll be ready at dinnertime. If they're done too early, the rest of dinner is underdone; if too late, dinner gets overcooked.

To make sure that you won't have a problem timing your bird to the appetites in your family, tear out and save the next few pages. On them, you'll find a turkey roasting time chart, complete with directions and photographs that'll help you get your bird on the table with a minimum of fuss. And for ideas to tuck inside your holiday bird, you'll find recipes for Grandma's apple stuffing and a rice stuffing that's a family favorite from my own recipe collection.

continued on page 156—

LIPTON'S NEW TEAS WITH HONEY WILL HAVE EVERYONE BUZZING.

Now Lipton lets you sit back and savor five delicious teas with a touch of golden honey.

Now you can delight in the fresh, pleasing taste of Honey & Orange and Honey & Lemon. Or indulge in the engaging aroma of Honey & Cinnamon. There's even a Decaffeinated Honey & Lemon to curl up with, and a fragrant herbal: Wildflowers & Honey.

Now you've got a brand new way to make any moment a little sweeter. Sip one soon.



When You're Sipping Lipton You're Sipping Something Special.

Lipton®

GREAT-START BREAKFAST

Don't wait for the weekend. Fix this meal any day in 20 minutes.

20-MINUTE MENU

FRENCH TOAST BUNDLES
Say good morning to a hearty new twist on French toast—Canadian bacon and Monterey Jack cheese are sandwiched between slices of French or sourdough bread.

2-STEP FRUIT SALAD
Vanilla yogurt tops off each bowlful of this light fruit compote.

PEANUT BUTTER COCOA
A favorite flavor duo—peanut butter and chocolate—now makes super a.m. sipping.

Every morning, thousands of kids beg for a cereal made with whole wheat.



© 1990 General Mills, Inc.



PHOTOGRAPH: MIKE DIETER FOOD STYLIST: JANET HERWIG

Warm up the family with an inviting morning meal.

FRENCH TOAST BUNDLES

Serve the bundles with strawberry preserves for dipping—

- **8 thick slices (about ¾ inch) French *or* sourdough bread**
- **4 slices Canadian-style bacon**
- **4 slices Monterey Jack cheese**
- **½ cup dairy eggnog**
- **Nonstick spray coating**
- **Powdered sugar (optional)**
- **Strawberry preserves (optional)**

● **To make bundles,** stack 1 slice Canadian-style bacon and 1 slice cheese between every 2 pieces of French bread. (Halve bacon and Monterey Jack cheese slices as necessary and overlap to fit on the bread slices.)

● **Dip bundles in eggnog,** thoroughly covering both sides. Spray a large skillet with nonstick spray coating; place over medium heat till hot. Add bundles; cook 2½ minutes or till golden. Flip bundles; cook 1½ minutes more or till golden. Remove from heat.

● **Sift powdered sugar** over each bundle. Serve with strawberry preserves. Makes 4 main-dish servings.

Nutrition information per serving: *437 cal., 20 g pro., 44 g carbo., 20 g fat, 56 mg chol., 974 mg sodium, 243 mg potassium, 2 g dietary fiber. U.S. RDA: 35% thiamine, 22% riboflavin, 22% niacin, 23% calcium, 13% iron.*

TWO-STEP FRUIT SALAD

No peeling and slicing—just mix fruit together and serve—

- **1 10-oz. package frozen mixed fruit (in quick-thaw pouch)**
- **1 8-oz. can pineapple chunks, drained**
- **½ cup vanilla yogurt**



PERRY STRUSE

Have fun fixing this easy weekday breakfast as a team!

- **Thaw** the frozen mixed fruit for 10 minutes in a bowl of warm water, turning the pouch occasionally while you prepare the rest of the menu.
- **In small bowl combine** thawed fruit and pineapple chunks. Divide into 4 serving bowls; top *each* bowl with 2 tablespoons of the vanilla yogurt.

Nutrition information per serving: *114 cal., 3 g pro., 26 g carbo., 1 g fat, 2 mg chol., 23 mg sodium, 232 mg potassium, and 2 g dietary fiber.*

PEANUT BUTTER COCOA

Easy enough for kids to make—

3 cups boiling water
4 individual serving-size envelopes cocoa mix
4 tsp. creamy peanut butter

- **On top of the stove** or in the microwave oven bring the water to boiling in a medium saucepan or microwave-safe bowl.
- **In each of 4 mugs place** *1 envelope* of the cocoa mix and *1 teaspoon* of the peanut butter. Add boiling water to mugs; stir. Makes 4 servings.

Nutrition information per serving: *159 cal., 8 g pro., 26 g carbo., 4 g fat, 3 mg chol., 211 mg sodium, 320 mg potassium. U.S. RDA: 16% riboflavin, 21% calcium.*

FAST-FIXIN' TIMETABLE

1. Set the pouch of frozen mixed fruit in warm water to thaw.
2. Prepare French Toast Bundles.
3. While French toast cooks, prepare Peanut Butter Cocoa.
4. Combine pineapple with thawed fruit. Divide into serving bowls and top with yogurt. Enjoy!

WHEN AN ORANGE IS GREEN

Have you ever passed up green-tinged oranges in your supermarket, assuming that they're underripe? Actually, these oranges can be perfectly ripe and juicy inside, yet still show a hint of green on the outside skin. Here's why that happens.

A growth spurt: In spring, orange trees may bear flower blossoms and ripe oranges at the same time. When this occurs, the tree produces extra hormones to boost the new blossoms' growth. These extra hormones also go to the ripe oranges still on the tree, causing them to produce more chlorophyll (the green coloring material in plants). This extra chlorophyll gives a green cast to the ripe orange skins. The quality of the inside fruit is not affected. This natural process, called regreening, also occurs in grapefruit, though less often.

Surprise.

Whole Wheat and Rice Cereal

Cinnamon Toast Crunch

Sweetened Whole Grain Cereal



SPICE AND SLICE



Del Monte® Italian Style Stewed Tomatoes have all the delicious spices you need to make everyday meatloaf a Roman holiday.

ITALIAN STYLE MEATLOAF

1 lb. lean ground beef
6 oz. hot Italian sausage or spicy bulk sausage
1 can (14½ oz.) *Del Monte* Italian Style Stewed Tomatoes
1 cup fresh bread crumbs
½ cup chopped onion
½ cup chopped green pepper
1 egg, beaten

In large bowl, combine all ingredients; mix well. Place in 4½ x 8-inch loaf pan. Bake at 350°F, 1 hour; drain. 6 servings.

Preparation time: 10 minutes
Cook time: 1 hour

WE GROW GREAT TASTE Del Monte QUALITY



©1990 Del Monte Corporation

WIN MONEY FOR YOUR RECIPES
See Page 166 For Details

PRIZE TESTED RECIPES®

CROCKERY-COOKER MEALS

File under Meat
November, 1990



$200 WINNER *Diane Shaw Bryant, San Antonio, Tex.*

SPICED BEEF AND JERUSALEM ARTICHOKE STEW

Look for Jerusalem artichokes, also called sunchokes, in your produce department, fall through winter. These tubers taste similar to an artichoke when cooked—

- **1 lb. boneless beef chuck steak, cut into ¾-inch cubes**
- **1 Tbsp. olive oil *or* cooking oil**
- **8 whole allspice**
- **½ tsp. dillseed**
- **1 bay leaf**
- **1 14½-oz. can tomatoes, cut up**
- **1 8-oz. can tomato sauce**
- **2 Tbsp. cider vinegar**
- **2 cloves garlic, minced**
- **¼ tsp. celery salt**
- **¼ tsp. pepper**
- **1 lb. Jerusalem artichokes, sliced ¼ inch thick**
- **2 cups frozen pearl onions *or* 1 medium onion, cut into thin wedges**
- **8 oz. fresh mushrooms, halved**

In a large skillet brown meat, *half* at a time, in hot oil. Drain fat; set aside.

For spice bag, place allspice, dillseed, and bay leaf in cheesecloth and tie; set aside. In a bowl stir together *undrained* tomatoes, tomato sauce, vinegar, garlic, celery salt, and pepper; set aside.

In a 3½- to 4-quart crockery cooker place Jerusalem artichokes, onions, and mushrooms. Add meat and spice bag. Pour tomato mixture over all. Cover; cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4 to 5 hours. Remove spice bag before serving. Makes 6 main-dish servings.

Nutrition information per serving: *264 cal., 20 g pro., 26 g carbo., 10 g fat, 55 mg chol., 430 mg sodium, 985 mg potassium, and 3 g dietary fiber. U.S. RDA: 10% vit. A, 40% vit. C, 31% thiamine, 34% riboflavin, 37% niacin, 33% iron.*

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PARTY APPETIZERS

File under Appetizers and Snacks
November, 1990



$200 WINNER *Nancy J. Korondan, Aurora, Ill.*

ZESTY ITALIAN WONTONS

Nancy assembles these sausage bites ahead of time, then fries them just before serving—

- **6 oz. bulk sweet Italian sausage**
- **¼ cup finely chopped onion**
- **4 oz. mozzarella cheese, shredded**
- **2 Tbsp. grated Parmesan cheese**
- **2 Tbsp. snipped cilantro *or* parsley**
- **40 wonton wrappers**
- **Cooking oil for deep frying**
- **Spaghetti sauce (optional)**

For filling, in a large skillet cook the sausage and onion over medium heat till sausage is brown and onion is tender, stirring to break meat into small pieces. Drain well; cool completely. Stir in the mozzarella cheese, Parmesan cheese, and cilantro or parsley. Place *one rounded teaspoon* of the filling in the center of a wonton wrapper. Moisten the edges of the wrapper with water. Starting with one corner, fold the wrapper over the filling, forming a triangle; press to seal well. Bring the two other pointed ends of the wonton wrapper up over the stuffed center. Moisten and press together. Cover and chill if not frying right away. Fry wontons, a few at a time, in deep hot oil (365°) for 1½ to 2½ minutes or till golden brown. Drain on paper towels. Serve warm with spaghetti sauce for dipping. Makes 40 wontons.

Nutrition information per wonton: *48 cal., 2 g pro., 2 g carbo., 4 g fat, 4 mg chol., 73 mg sodium, 14 mg potassium, and 0 g dietary fiber.*



PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The 10th

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PARTY APPETIZERS

File under Appetizers and Snacks
November, 1990



$100 WINNER *Debbie Winbigler, Arlington Tex.*

PINEAPPLE-PECAN CHEESE BALL

It's the unique combination of sweet red pepper, pineapple, and toasted nuts in this party pleaser that's irresistible—

3 cups broken pecans
2 8-oz. pkg. cream cheese, softened
1 8-oz. can crushed pineapple (juice pack), drained
¼ cup chopped sweet red pepper
2 Tbsp. chopped green onion
1 tsp. seasoned salt
Crackers *and/or* bite-size fresh vegetable pieces

Spread nuts in a shallow baking pan. Bake in a 350° oven for 7 to 10 minutes or till toasted; cool. Coarsely chop *1 cup* of the toasted nuts; set aside. Chop the remaining nuts till ground. In a food processor bowl or large mixing bowl combine ground nuts, cream cheese, pineapple, red pepper, onion, and seasoned salt. Process or beat till well-blended. Cover and chill at least 3 hours or overnight. Shape in one large ball. *Or,* divide mixture in half and shape into two smaller balls. Roll in the coarsely chopped nuts. Wrap and chill till serving time. (*Or,* label and freeze. To serve, thaw 24 hours in the refrigerator.) Serve with crackers and/or fresh vegetables. Makes 3 cups.

Nutrition information per tablespoon: *85 cal., 1 g pro., 2 g carbo., 8 g fat, 10 mg chol., 54 mg sodium, 47 mg potassium, and 1 g dietary fiber.*

Buying information, page 76.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

CROCKERY-COOKER MEALS

File under Meat
November, 1990



$100 WINNER *Carol Smith, Wenatchee, Wash.*

TERIYAKI SLOW-COOK SANDWICHES

The crockery cooker makes light work of this savory sandwich filling. Add the ingredients to the cooker in the morning and by dinnertime you'll have juicy steak for the rolls—

2 to 2½ lbs. boneless beef chuck steak
¼ cup soy sauce
1 Tbsp. brown sugar
1 tsp. ground ginger
1 clove garlic, minced
4 tsp. cornstarch
8 individual French loaves, split
4 Tbsp. margarine *or* butter, melted
Toppings such as shredded Chinese cabbage, pineapple rings, sliced green onion, plum sauce, *or* sweet-and-sour sauce (optional)

Trim excess fat from steak; cut into thin, bite-size slices. In a 3½- to 4-quart crockery cooker, combine soy sauce, brown sugar, ginger, and garlic. Stir in meat. Cover; cook on low-heat setting for 7 to 9 hours or high-heat setting for 3 to 4 hours.

Remove meat from juices with a slotted spoon. Pour juices into a measuring cup; skim fat from cooking juices. Measure *1½ cups* juices (add water if necessary) and place in a saucepan. Combine cornstarch and 2 tablespoons *water;* add to saucepan. Cook and stir till thickened and bubbly. Stir in cooked meat. Heat through.

Meanwhile, brush rolls lightly with margarine or butter. Place on unheated rack of broiler pan. Broil, cut side up, 4 to 5 inches from heat for 2 to 3 minutes or till lightly toasted. Top bottom halves of the toasted rolls with meat mixture and desired toppings. Cover with roll tops. Makes 8 servings.

Nutrition information per serving: *423 cal., 29 g pro., 34 g carbo., 19 g fat, 79 mg chol., 948 mg sodium, 274 mg potassium, and 1 g dietary fiber. U.S. RDA: 27% thiamine, 29%*



MMMM, MINUTE® MICROWAVE SIDE DISHES.

Mmm, what MINUTE puts in its rice and pasta sensations. Like these tender noodles with zesty chicken n and garden vegetables. Or rice with broccoli and almonds. All the flavors you crave, now from your microwave.

GREAT TASTE. THAT'S WHAT MINUTE PUTS IN IT.



Kraft General Foods, Inc.

MINUTE is a registered trademark of Kraft General Foods, Inc.



Baked Beans.

Jelly Belly beans, the frosting on the cake for special entertaining. They're no ordinary jelly beans. Find them in up to 40 colorful, mouth-watering, "true-to-life" flavors at major department stores, gourmet, gift and candy shops. □ For free recipes and the store nearest you call 800-JB BEANS (800-522-3267). Monday-Friday 9 a.m. to 5 p.m., PST.

Jelly Belly
The original gourmet jelly bean.

© 1990 Herman Goelitz, Inc. ® Jelly Belly, "The original gourmet jelly bean" and "It's America's Favorite Jelly Bean," are registered trademarks of Herman Goelitz, Inc.

It's America's Favorite Jelly Bean.®

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. On this page each month, we ask you to send us different kinds of recipes. Each month there are two recipe categories with winning tips. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Winners also receive a framed certificate and six copies of their recipe.

HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Main-Dish Salads

● Summer-fresh fruits or vegetables made into a main-dish salad ● Tossed greens and meat, poultry, or seafood with a homemade salad dressing ● Meatless whole-grain, bean and/or lentil main-dish salads ● Quick and hearty salad fix-ups starting with ingredients from the deli or packaged salad mixes

Summertime Drinks

● Ice-cold fruit slushes and fizzes ● Wine coolers and punches, made with fruit juices or drink mixes—just right for easy warm weather entertaining ● Healthful snacktime sippers, low in calories ● Rich and frosty shakes, malts, and floats with original flavor combinations

WINNERS IN THIS ISSUE (pages 163 and 164)

$200 Winners

Diane Shaw Bryant
San Antonio, Tex.
Nancy Korondan, *Aurora, Ill.*

$100 Winners

Carol Smith, *Wenatchee, Wash.*
Debbie Winbigler, *Arlington, Tex.*

Honor Roll Winners

Amy Berry, *Falmouth, Me.;* Mrs. Barbara C. Gossage, *Springfield, Va.;* Jane Kline, *Stamford, Conn.;* Lori Lavicka, *Truckee, Calif.;* Elaine Schultz, *Miami, Fla.;* Barbara Valentic, *Grosse Pointe Farms, Mich.*

CONTEST RULES

1. Contest is open to U.S. residents, except employees of Meredith Corporation, its affiliates, subsidiaries, and families. **2.** With each entry clearly type or print your name, address, and recipe marked "June Main-Dish Salads" or "June Summertime Drinks." Specify brands of ingredients used and recipe origin. **3.** Address recipes to 9106 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** All entries must be postmarked by November 30, 1990. **5.** Winners will be selected about 60 days later and will be notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and home town name for editorial and promotional purposes.

pecial Introductory Offer! Save 60%
n Quality ONEIDA® Community® Stainless
xclusively From
Betty Crocker®

SAVE 60%



ch 5-Piece Place Setting
NLY $9.99
uggested Retail = $40.00)

r Quick Delivery
all Toll-Free
-800-233-5780
xt. 178
nday-Friday 7 am to 7 pm Central Standard Time.
ase have order information and credit card ready (MasterCard
VISA cards only). Toll-free number for merchandise order ONLY.

ALUE & PRICE CAN'T BE BEAT!

While other people have paid up to $40.00 for Oneida Community iece place settings (or $29.99 on sale), you pay only $9.99. That's a art savings of 60% off the sale price on handcrafted Oneida flatware cked with Oneida's lifetime warranty!

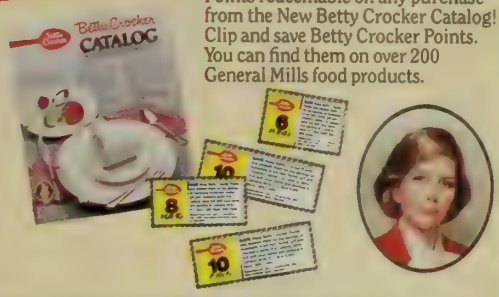
Betty Crocker, a trusted name in homemaking, is America's largest ler of top-quality, made-in-America Oneida Community Stainless. at's why we can pass such tremendous savings on to you.

IMITED TIME OFFER!

Order up to four 5-piece place settings. Each place setting includes e salad fork, dinner fork, dinner knife, soup spoon and teaspoon. hwasher safe. Add to or start your set today!

Along with your order, you'll get a FREE Betty Crocker Catalog ering more great savings on additional place settings, serving and essory pieces and other exciting items for your home. Saving is easy h Betty Crocker Points, found on over 200 General Mills food products.

BONUS GIFT!



With your order, we'll send you a certificate worth 50 Betty Crocker Points redeemable on any purchase from the New Betty Crocker Catalog! Clip and save Betty Crocker Points. You can find them on over 200 General Mills food products.

100% SATISFACTION GUARANTEED!

Betty Crocker

Mail to: General Mills, Inc.
P.O. Box 5360
Minneapolis, MN 55460

ADAM

Quick Delivery Call Toll-Free
800-233-5780 Ext. 178
nday-Friday 7 am to 7 pm Central Standard Time. Please have order ormation and credit card ready. (MasterCard and VISA cards only).
l-free number for merchandise order ONLY.

hoose From These Ten Exclusive etty Crocker Patterns:



☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

☐ *YES!* Send me the place settings in the pattern I've indicated at left at only $9.99 each. Each 5-Piece Place Setting includes one salad fork, dinner fork, dinner knife, soup spoon and teaspoon.

PLUS! Send me a coupon worth 50 Betty Crocker Points redeemable in the New Betty Crocker Catalog included with my order!

$9.99 × _____(no. of place settings-Limit 4)	=	$ (subtotal)
Add postage and handling	=	$2.50
Order total	=	$

Method of Payment:

☐ Check ☐ Money Order (do not tape or staple payment to order)

Charge to my: ☐ VISA ☐ MasterCard (minimum charge order $10.00)

Credit Card No. _____ Exp. Date Mo. Yr.

(Account Number: MasterCard = 13 digits, VISA = 13 or 16 digits)

Signature X _____ (required only for charge orders)

Print Name _____

Street Address _____

City _____ State _____ Zip _____

Daytime Phone (_____) _____ (in case we have a question about your order)

Please allow 2-4 weeks for shipment. Good only in U.S.A.
Offer expires January 15, 1991.

Betty Crocker

© General Mills, Inc. 1990

A59019

TLC FOR DOGS AND CATS
Schedule quality time with your pet daily


WALTER CHANDOHA

Pets flourish when you give them special attention twice a day.

You're relaxing in front of the TV after a long day, when your dog bounds up to you with a ball and a slobbery invitation to play catch. Later, your plan to head off to bed is thwarted by your cat, who suddenly decides to curl into your lap.

Like kids, dogs and cats need quality time. Regularly scheduled play with your pet enriches your relationship and deters such problems as carpet soiling, drape clawing, and furniture chewing.

The reason is simple. A pet that feels loved, and is exercised, doesn't seek an outlet in destructive behavior. To keep your dog or cat brimming with good feelings, experts suggest at least twice-daily doses of tender loving care.

DOGS ARE SOCIAL CREATURES

Dogs naturally live in packs. That's why canines get bored just being taken outside to relieve themselves, according to Bob Maida, a Manassas, Virginia, dog trainer. "If you really love your dog, spend time with it."

Put aside the same time each day to interact with your pet. Dogs thrive on routine. Maida suggests 10 minutes of active play with a ball or Frisbee, followed by a 20-minute quiet walk before and after work.

The morning sessions settle Lassie down for her indoor day, while the evening regimen lets her romp away any pent-up energy.

Without such aerobic play, warns Maida, "You may create a hyperactive dog. The dog has all this energy it cannot expend when it's home alone, so it gets frustrated and starts to chew on the couch, or becomes a nuisance with its barking."

Let your pet spend the night in your bedroom, but never on your bed. (You as pack leader get the choicest spot.) Maida suggests bunking together as an easy way to give your dog six to eight hours of human contact. "Dogs that sleep in the bedroom bond closer and settle down faster with house training and obedience."

Treat your dog as a member of the family. Let Lassie join the gang when you play, read, and watch TV.

CATS WANT ATTENTION, TOO

"It's a myth that a house cat is a solitary, independent animal. Cats thrive with regular time with owners," notes Dr. Barbara Stein, a Chicago veterinarian. "A cat's need for companionship, perhaps, is not as obvious as a dog's, who will be more pesky."

Read the cues to know when to play with Snowball and what kind of attention he wants. Some cats land in your lap, curl at your feet, or swat a toy to you to indicate their interest.

When you respond positively, your pet's personality blossoms. But a cat that is often ignored develops such behavior problems as munching on plants, soiling, and knocking things from tables.

If Snowball repeatedly purrs for a cuddle, but gets none, warns Philadelphia D.V.M. Susan McDonough, "The cat may develop inappropriate grooming traits—pulling its hair, or licking the inside of its forearms."

Establish a relationship full of interaction when your pet is a kitten. But, even if your cat has been a member of the family for a long time, it will usually respond to increased attention.

Stein advises 10-minute, twice-daily active sessions. "When the cat's had enough, it'll tune you out."

Start the mornings with a friendly scratch to the top of your pet's head, followed by play. Entice Snowball to investigate a paper bag on the floor, or to pounce on a flashlight beam in a darkened room—a favorite game of Stein's 16-year-old cat.

Reconnect after work, and whenever you return home. Ritual greetings are important, according to McDonough. "When a cat walks up to a person with its tail straight up in the air and a hook on the end of it, and rubs its face on the person's leg, that indicates hello." Use that opportunity to give the cat some one-on-one attention, even if only for two minutes. Make eye contact with Snowball, rub his head, and tell him about your day.

Add passive togetherness to your schedule, in addition to active encounters. "Some cats prefer to be around people, but not necessarily in physical contact," says McDonough.

—By Candyce H. Stapen



Without Extra Nutrition Now, Your Puppy Could Face A Tough Climb Ahead.

Since your puppy only has a year or two to grow from a newborn into an adult, every day is crucial. In fact, growing puppies need nearly twice the nutrition of adult dogs.

That's why Purina® Puppy Chow® brand puppy food has extra protein, iron and calories. Because without extra nutrition now, your puppy could face a tough climb ahead.



Tomorrow's Dog Needs Puppy Chow Today.

Helping pets live longer, healthier lives™

© 1990, Ralston Purina Company

Fine dining in intimate surroundings was hardly Max's style. But that night, he made an exception.



The best-tasting Dog Chow ever. Dogs don't know it has real meat and bone meal. Or whole grains. Or 43 nutrients. They only know how good it tastes. Purina® Dog Chow® brand dog food. It's so complete...

Helping pets live longer, healthier lives™

© 1990 Ralston Purina Company

All You Add Is ❤™

WHAT'S NEW IN THE VERSATILE WORLD OF MINIVANS













America has gone mad for minivans, and for good reason.

These versatile family vehicles are part car, part station wagon, and part van. They fit in standard garages, run through standard car washes, and seat up to seven passengers (though some manufacturers charge for extra seats).

Since Chrysler started it all seven years ago with its Dodge Caravan and Plymouth Voyager, minivan demand has grown to an estimated 1 million-plus units for 1991. In fact, more than a dozen models compete in the minivan market.

To help you choose among the newest models, we've asked auto expert Mike Knepper, who has driven them all, to provide this rundown of basic information, plus his insights about pros and cons of each vehicle.

Be sure that the entire family gets in on test drives. Power, comfort, and general handling characteristics vary considerably among today's wide assortment of minivans. Also, be aware that minivans are classified as trucks by the government, which means they do not have to meet the same collision protection requirements as cars.

A note about pricing: The figures we give, unless otherwise noted, were set for base 1991 models. (Not all 1991 prices had been firmed up by the time we went to press.)

Also, upgraded models and major options can hike base prices by as much as several thousand dollars. Always check for special offers, and do comparison shopping before signing up for any deal.

TOYOTA PREVIA

Outstanding features: exterior/interior design, ride and handling. 1990 base price: $13,998; Previa LE, *above*: $18,698.

The Previa (PREH-vee-uh) is the most recent addition to the minivan ranks, and its design and technical sophistication reflect that freshness.

The sleek exterior of the Previa reduces wind noise, and the engine lies on its side in roughly the middle of the van to maximize passenger and load space. Radiator, belts, air cleaner, oil and water reservoirs, and other regular-service items sit under the small front hood for easier access.

Toyota's new entry in the minivan category offers as much cargo room as the Grand Caravan (*page 172*), but with a shorter overall length. The mid-engine location also contributes to the Previa's carlike ride and handling.

Another plus: The instrument panel "bulges" in the middle to bring the heater, air conditioner, radio, and other controls within closer reach of the driver.

Engine: 2.4-liter V-4; transmission: 5-spd manual, 4-spd automatic optional; drive: rear, 4WD optional.

FORD AEROSTAR

Outstanding features: ride and handling, trailer-towing capacity. Base price (1990): $12,762.

Before the new minivans arrived from GM, Ford's Aerostar was considered the most dramatically styled minivan in the field. Now its steeply sloped nose seems more an attractive touch than a controversial one.

The Aerostar creates a pleasant ride, and the handling is good, thanks in part to relatively quick steering and modifications to the Ford Ranger pickup chassis on which the Aerostar is based.

Like the Chevrolet Astro (pictured on *page 172*), the Aerostar's drive is rear-wheel. Also, a strong V-6 engine creates a much greater trailer-towing capacity than do the minivans with front-wheel drive.

You can buy an Aerostar equipped with four-wheel drive, if you would like the superior traction that front-wheel drive provides in inclement weather. Rear antilock brakes are standard on all models.

Engine: 3.0-liter V-6, 4.0-liter V-6 optional; transmission: 5-spd manual, 4-spd automatic optional; drive: rear, 4WD optional.

continued on page 172



FREE.

16-page "Andersen® Window & Patio Door Factbook" with color photos, window facts and combination ideas. Call 1-800-426-4261, use the coupon, or see your Andersen window dealer.

Come home to quality. Come home to Andersen®.

I plan to ☐ build ☐ remodel ☐ replace.

Name

002-1190

Address

City

State Zip

Phone

Mail to Andersen Corp. Inc., Box 12, Bayport, MN 55003.

Andersen Windows Patio Doors

0013 Copyright © Andersen Corporation Inc., 1990. All rights reserved

MINIVANS

continued from page 171

DODGE CARAVAN/PLYMOUTH VOYAGER/CHRYSLER TOWN & COUNTRY

Outstanding features: carlike ride and handling, ease of entry and exit. 1991 base price: $13,195; T&C (1990 base price): $24,015.

After a seven-year run as the minivan sales champ, Chrysler has rolled out the second generation of its minivan, including Chrysler Town & Country, the upscale version that joined the other two last year, adding leather upholstery, a long list of standard features, and wood-look trim.

Visual changes are not dramatic, but all three models benefited from subtle improvements based on seven years of experience. The exterior is more aerodynamic and softer looking, and the suspension has been modified slightly to improve ride and handling. Inside, the instrument panel has been redesigned for easier operation of systems and more convenient placement of controls.

The Caravan and Voyager come in both the standard wheelbase and a longer wheelbase "Grand" version. The Town & Country is built on the longer wheelbase only. For the first time, four-wheel drive is available.

Engine: 2.5-liter V-4, 3.3-liter V-6 optional; (Town and Country 3.3 V-6 standard); transmission: 3- or 4-spd automatic (T&C 4-spd automatic standard); drive: front or 4-wheel.

CHEVROLET LUMINA APV/PONTIAC TRANS SPORT/OLDSMOBILE SILHOUETTE

Outstanding features: dramatic styling, good handling. Base price for Lumina APV (all-purpose vehicle), $14,730; others higher.

These three share identical mechanical parts and look essentially the same, differing only in exterior trim and the shape of the grille opening. But they're all head turners. Those futuristic bodies are made of high-impact plastic bonded to a steel subframe. The plastic is highly bump resistant—a real plus in the parking lot—and resistant to winter salt.

Behind the wheel you face a steeply sloped windshield and a large expanse of shelf atop the dashboard. The supporting pillars to the right and left hinder vision slightly.





Mechanically, the 3.1-liter V-6 feels a bit underpowered, and a 3-speed automatic transmission seems out of place in an age of 4-speed overdrive automatics. Still, the overall package is comfortable, with a wide choice of interior trims and seating.

Engine: 3.1-liter V-6; transmission: 3-spd automatic; drive: front.

VOLKSWAGEN VANAGON

Outstanding feature: maneuverability. Base price: $14,360; GL (*page 171*): $16,820.

With the recent boom in the minivan business, it's easy to forget that VW's minivan has been around for decades. Remember the Microbus? Now, it's the Vanagon, a solid, quality-built minivan that lacks the style and performance of the newcomers, but still offers lots of space in a small package. The Vanagon is highly maneuverable, in part because of its relatively short wheelbase. Its high ground clearance makes it especially versatile off-road when ordered with four-wheel drive, but that much clearance also means a high step-up. The high driving position provides good forward visibility, with the buslike, flat steering wheel encouraging a deliberate, unhurried driving style.

Engine: 2.1-liter V-4; transmission: 4-spd manual, 3-spd automatic optional; drive: rear, 4WD optional.

continued on page 175

Beautiful Carpets Should Also Smell Clean And Fresh.



Introducing Luxurious, Stain-Resistant Carpet With ODOR-GUARD™. Exclusively from Coronet Carpets.

- Fights Household Odors.
- Keeps Your Home Naturally Fresh.

Coronet Carpets, one of the world's leading carpet producers, has teamed up with ARM & HAMMER,® the most trusted name in household odor protection, to bring you what are simply the finest carpets made. Carpets that are luxuriously plush, beautifully styled and colored, stain and static resistant, now feature built-in protection against odors—with Odor-Guard.™

Create a fresh and natural environment for those you love. Insist on Odor-Guard,™ odor protection that lasts.

Sniff out the beautiful selection of Odor-Guard™ carpets, featuring Monsanto Wear-Dated® carpet fiber with locked-in StainBlocker℠ protection, at your local Coronet dealer.

WEAR-DATED CARPET

Coronet CARPETS ODOR-GUARD BUILT-IN FRESHNESS ARM & HAMMER®

Coronet CARPETS

Carpets that make a difference!

Keep your carpets odor free year after year with regular use of ARM & HAMMER® Carpet & Room Deodorizer.

The ARM & HAMMER logo and the words "ARM & HAMMER" are the registered trademarks of Church & Dwight Co., Inc.

IF YOU'RE LOOKING FOR AN EXCUSE TO BUY A FEW NEW TOOLS LOOK IN YOUR CLOSET.



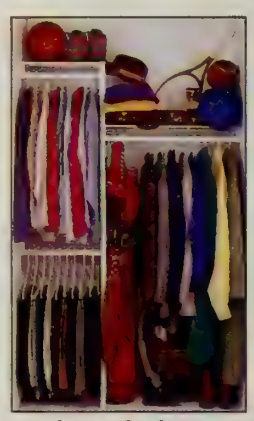
Most people see pretty much the same thing when they look in their closets: a mess. But right now, if you buy Stanley tools you can get a great way to clean up your closet no matter how messy it is.

Buy just $20 worth of Stanley tools and we'll send you a free* Stanley Steel Plank™ Closet Organizer. The three steel hanger bars and ventilated steel plank shelves fit closets from 3' to 6' wide. It's durable, easy to install and it can clean up any closet you've got. Not to mention double your closet space. It's a $60 value. Not bad for free.

And you'll automatically be entered in our Better By Design Sweepstakes. The Grand Prize is a $30,000 home remodeling dream come true. It includes $20,000 worth of Armstrong floor, ceiling and home remodeling products, $1,000 worth of Stanley tools, and advice from a professional interior designer so it gets done right. And to help you get it finished we'll throw in $10,000 in cash.

True, there will be only one Grand Prize winner. But you really can't lose when you buy Stanley Tools. Nobody makes a better product. That's been true for more than 100 years and it's still true today.

So here's the situation:



you know you need a few more tools. Everybody could use a free closet organizer. And we need somebody to win our $30,000 Grand Prize and the 2,500 other great prizes we're giving away. So enter our Better By Design Sweepstakes and everybody'll be happy. Call (203) 827-5977 for a participating retailer near you.



BETTER BY DESIGN SWEEPSTAKES
STANLEY TOOLS

Armstrong STANLEY
helps you do things right.

*Plus $8.50 postage and handling (these things are made of steel, after all.) See your participating Stanley retailer for details. Free offer good while supplies last. Offer ends 11/30/90.

© 1990, STANLEY TOOLS, Division of The Stanley Works.

See participating retailer for complete sweepstakes rules. No purchase necessary. Void where prohibited by law.

MINIVANS

continued from page 172

MAZDA MPV

Outstanding features: smooth optional V-6, trailer-towing capacity, swing-out side door, easy handling. Base price: $12,415.

Mazda looked at the American Big 3 minivans, and took a little from each: from Chrysler, handsome but noncontroversial styling; from Ford and GM Astro, rear drive for better towing. Then Mazda put a swing-out side door on its minivan instead of the sometimes awkward sliding door used on all the others. Although tight spaces may cause a bit of a problem with Mazda's door, it's usually easy to use. Despite the rear drive, the cargo floor is flat. The ride is comfortable and carlike, and handling is better than with some cars.

Engine: 2.6-liter V-4, 3.0-liter V-6 optional; transmission: 5-spd manual, 4-spd automatic optional; drive: rear, 4WD optional.

CHEVROLET ASTRO/ GMC SAFARI

Outstanding features: standard antilock brakes, trailer-towing capacity. Base price: $14,580.

Though usually grouped with the minivans, the Astro/Safari occupies a special market niche because it is more trucklike than the others. You must step up to get in, for example. The cab is higher and the ride a bit rougher and noisier. Some call this a midivan, because it seems to fit somewhere between the other minivans and a full-size van. Although the Astro/Safari cargo capacity is no larger than most minivans, its vertically split rear doors make it easy to load.

Optional 4-wheel drive turns this minivan into a real workhorse.

Engine: 4.3-liter V-6; transmission: 4-spd automatic; drive: rear, 4-wheel drive optional.

MITSUBISHI WAGON

Outstanding feature: swiveling center bucket seats; large package of standard features. 1990 price: $14,929.

Mitsubishi's minivan is essentially a box on four wheels and makes no pretense to follow the current trend in aerodynamic styling. The engine, mounted on its own subframe, sits to the side just behind the driver, who is perched well forward for a commanding view of the road. (Some drivers prefer this forward perspective; others find that it feels uncomfortably "exposed" on the road.)

The front suspension was reworked last year to improve the ride.

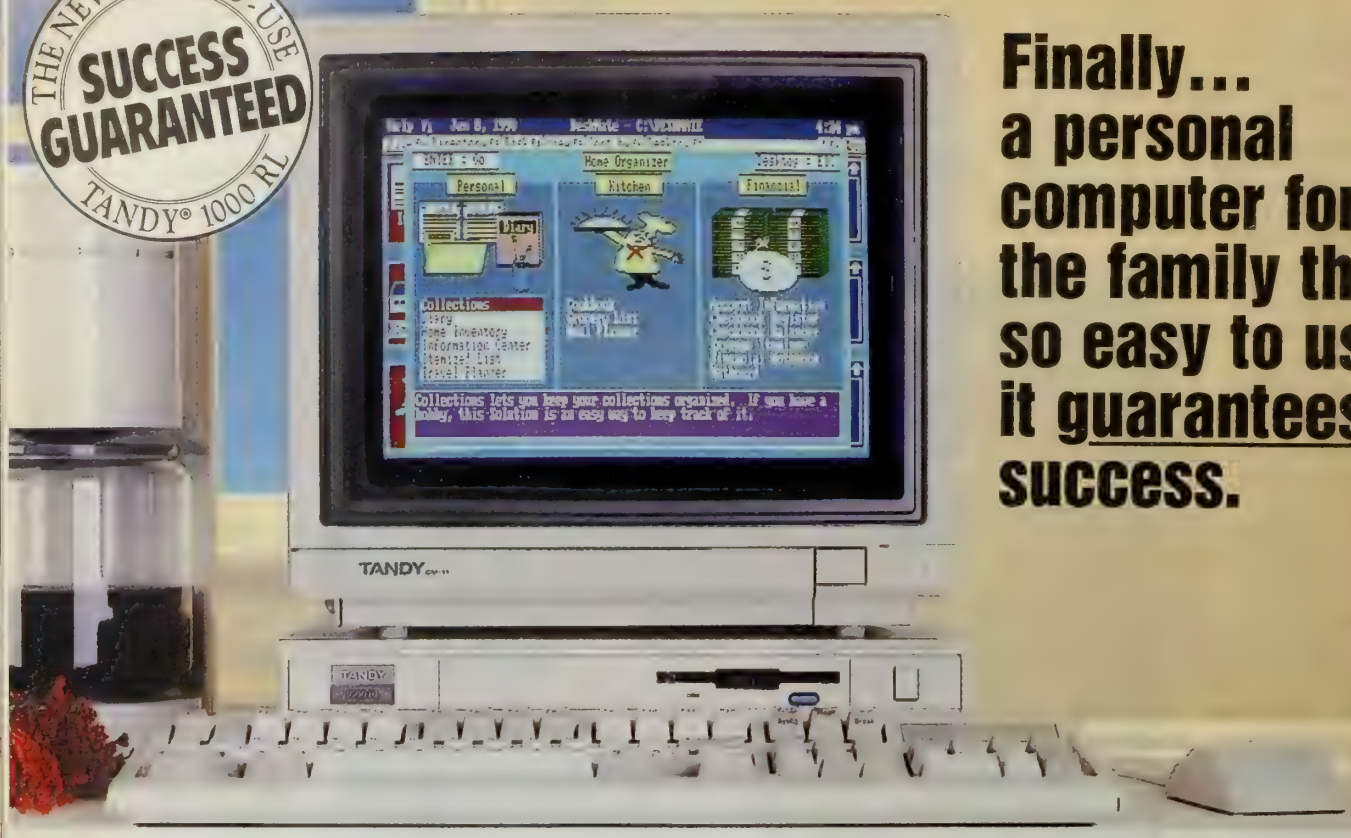
You also get a generous package of standard features, including a tilt steering wheel and central locking.

Note: Mitsubishi is phasing out its minivan with the 1990 model in favor of a new, slightly smaller hybrid van/wagon next spring. You might find some real bargain prices for the 1990 minivan as a result this fall.

Engine: 2.4-liter V-4; transmission: 4-spd automatic; drive: rear.



THE NEW EASY-TO-USE
SUCCESS GUARANTEED
TANDY® 1000 RL



Finally... a personal computer for the family that's so easy to use, it guarantees success.



Plan meals, keep a diary; schedule your activities

Presenting a PC with solutions for *your* family's busy lifestyle! The Tandy 1000 RL saves time by organizing vital *everyday* information and placing it at your fingertips. It's so easy—just point and click and you're on your way! Plan menus using recipes taken from *The New Good Housekeeping Cookbook*®. If more guests arrive than planned, recalculate recipes with a keystroke. Create investment plans and keep track of credit and bank accounts. If you're on your way out, post a quick message on the "bulletin board" for even leave important numbers for the sitter. The possibilities are endless—b whatever the task, the RL's Home Organizer software handles the details for yo And because the Tandy 1000 RL is PC-compatible, you can also use thousan of business and home education programs. Ready-to-run systems start at under $750*. So bring home t easiest-to-use personal computer ever . . . from America's *leader* in PC compatibles.



Balance your check book, p trips, organize your collecti

A LIMITED WARRANTY TO CONSUMERS
• Good Housekeeping •
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

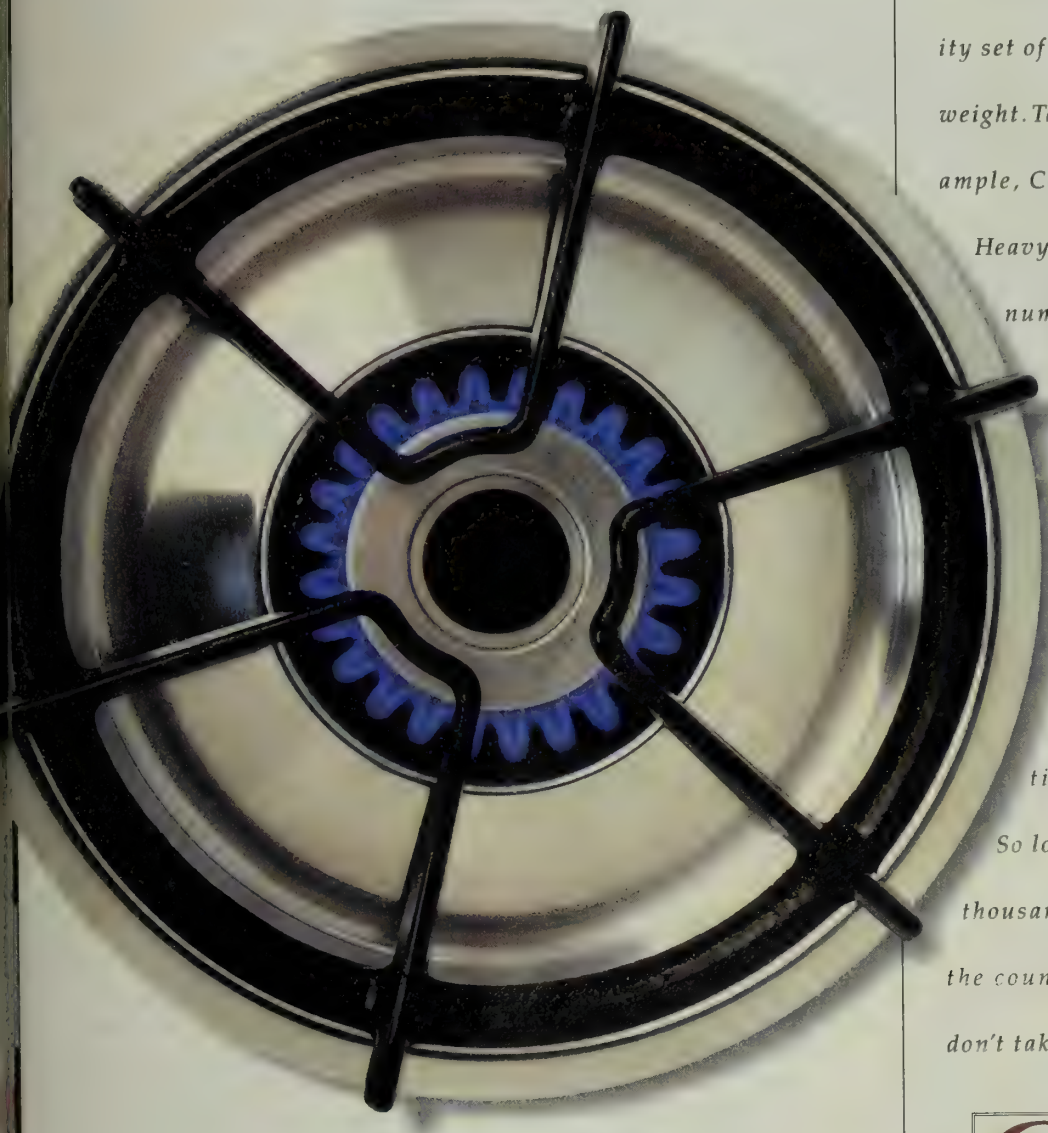
CREATING NEW STANDARDS: SUCCESS GUARANTEED!

The Tandy 1000 RL personal computer has 24 DeskMate and Home Organizer applications built in. All are specially designed to insure that you can readily use them. If you need help, our personnel have been specially trained, our stores have a new phone help system and we've organized area tutoring sessions. You can even equip your RL with a modem for help on the PC-Link online service. Come in today! We *guarantee* success. NOBODY COMPARES!

Radio Shack
AMERICA'S TECHNOLOG STORE

*Tandy 1000 RL (25-1450) with monochrome monitor. Complete color systems start at less than $900. Price applies at participating Radio Shack stores and dealer

Maybe your cooking would improve if you put on a few more pounds.





One way to judge a quality set of cookware is by its weight. Take for Regal *example, Colorlite® Cookware. Heavyweight cast aluminum ensures superior heat control. One lift and you'll see it's crafted for a lifetime of abuse. Teflon®2 interiors keep your cleaning time to a minimum. So look for Colorlite at thousands of stores across the country. You'll see we don't take cookware lightly.*

Club®

Regal Ware, Inc. Kewaskum, WI 53040

COOKING WITH FRUIT WINES
From plum to apricot



Apricot wine flavors the pork chops. Raspberry wine sweetens the muffins.

NEW CHOICES

Some wine makers now pick more than grapes for their products. From California to Massachusetts, they're bottling wine made from apricots, apples, cranberries, and other fruits.

These fruit wines are similar to the plum wine used in Japanese cooking. Clean tasting and refreshing, they're also lower in alcohol and sweeter than the table wines you might usually use for cooking and drinking. Try these modestly priced fruit wines to enhance the flavor of meats, dessert sauces, glazes, and marinades. Our pork chop and berry muffin recipes are a good start.

APRICOT-GLAZED PORK CHOPS

- **4 pork rib chops, cut ½ inch thick**
- **2 tsp. olive oil**
- **1 large onion, thinly sliced and separated into rings**
- **1 cup apricot wine**
- **2 Tbsp. snipped fresh basil *or* 2 tsp. dried basil, crushed**
- **1 Tbsp. red wine vinegar**
- **2 tsp. instant beef bouillon granules**
- **1 Tbsp. cornstarch**
- **1 Tbsp. water**
- **2 Tbsp. snipped fresh parsley**

In a 10-inch skillet brown chops on both sides in hot oil. Drain off fat. Sprinkle with *pepper.* Add onion, wine, basil, vinegar, and bouillon granules to skillet. Bring to boiling; reduce heat. Cover and simmer about 25 minutes or till chops are tender. Transfer chops to a serving platter, reserving liquid in skillet. Cover chops to keep warm.

For sauce, combine cornstarch and water; stir into liquid in the skillet. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Stir in parsley. Serve sauce over chops. Serves 4.

Nutrition information per serving: *304 cal., 21 g pro., 12 g fat, 56 mg chol., 506 mg sodium, 426 mg potassium, 1 g dietary fiber. U.S. RDA: 47% thiamine, 20% riboflavin, 30% niacin.*

RASPBERRY MUFFINS

- **3 cups all-purpose flour**
- **1 Tbsp. baking powder**
- **½ tsp. salt**
- **⅛ tsp. baking soda**
- **½ cup margarine *or* butter**
- **1 cup sugar**
- **1 tsp. vanilla**
- **2 eggs**
- **½ cup raspberry wine**
- **½ cup water**
- **1 cup coarsely chopped fresh *or* frozen raspberries**

Lightly grease muffin cups or line with paper bake cups; set aside. Reserve 1 *tablespoons* flour. In a mixing bowl stir together remaining flour, baking powder, salt, and baking soda; set aside.

In a large mixer bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar and vanilla; beat till fluffy. Add eggs, one at a time, beating well.

Stir together wine and water. Add flour mixture and liquid alternately to beaten mixture, beating on low speed after each addition just till combined. Toss together reserved flour and berries; gently fold into batter. Spoon batter into prepared muffin cups. Bake in a 400° oven for 18 to 20 minutes. Serve warm. Makes 16 to 18 muffins.

Nutrition information per muffin: *210 cal., 3 g pro., 7 g fat, 27 mg chol., 203 mg sodium, 55 mg potassium, 1 g dietary fiber. U.S. RDA: 10% vit. A, 19% thiamine, 13% riboflavin.*

—By Joe Tarantino, who writes about food and wine from his home in Carmel, California.



C&H Holiday Recipes

A fresh way to sweeten the holidays.

When you bake something fresh, you make the holidays a little happier.

Fresh from Hawaii.

For more holiday recipes, send a self-addressed stamped envelope to C&H Sugar, "Holiday Favorites," Dept. B, P.O. Box 4126, Concord, CA 94524.



PSOR·A·SET®

The clinically tested, psoriasis, seborrhea-fighting formula that's 100%:

- *Tar Free!*
- *Cortisone Free!*
- *Sulphur Free!*
- *Steroid Free!*

PSOR•A•SET does what you want

- Helps control irritation and redness associated with scalp psoriasis
- Helps relieve itching
- Helps reduce flaking and scaling

Not greasy.
Won't stain skin or clothes.

PSOR•A•SET Lotion, Shampoo and Soap are so easy to use. And they smell good, too. PSOR•A•SET may be just the help you've been looking for.

Call **800-562-4436** for pharmacy nearest you.

AVAILABLE SOON!

PSOR•A•SET® GOLD SHAMPOO

The Premium Dandruff Shampoo with Conditioner that really works!

DECORATING

FURNITURE BUYING TIPS

Develop a "wardrobe" of well-scaled, multipurpose, and visually compatible furnishings that will work in more than one place. You'll save decorating dollars if you keep these tips in mind when planning future furniture purchases:

- Avoid extra-long sofas. A love seat or two will fit anywhere, but a sofa that's longer than 6 or 7 feet can create room-arranging problems.
- Consider unmatched furnishings because they're more flexible. For instance, dressers and nightstands have limited uses, but armoires and skirted tables can move from bedroom to living room and back again.
- Choose color-keyed accessories. Start with area rugs, because often they are the hardest accessory to find. Then, select complementary posters, paintings, and pillows.

BUILDING

CUTTING LAMINATE: IT'S A SNAP



BOB CALMER

Score laminate with a carbide cutting tool.

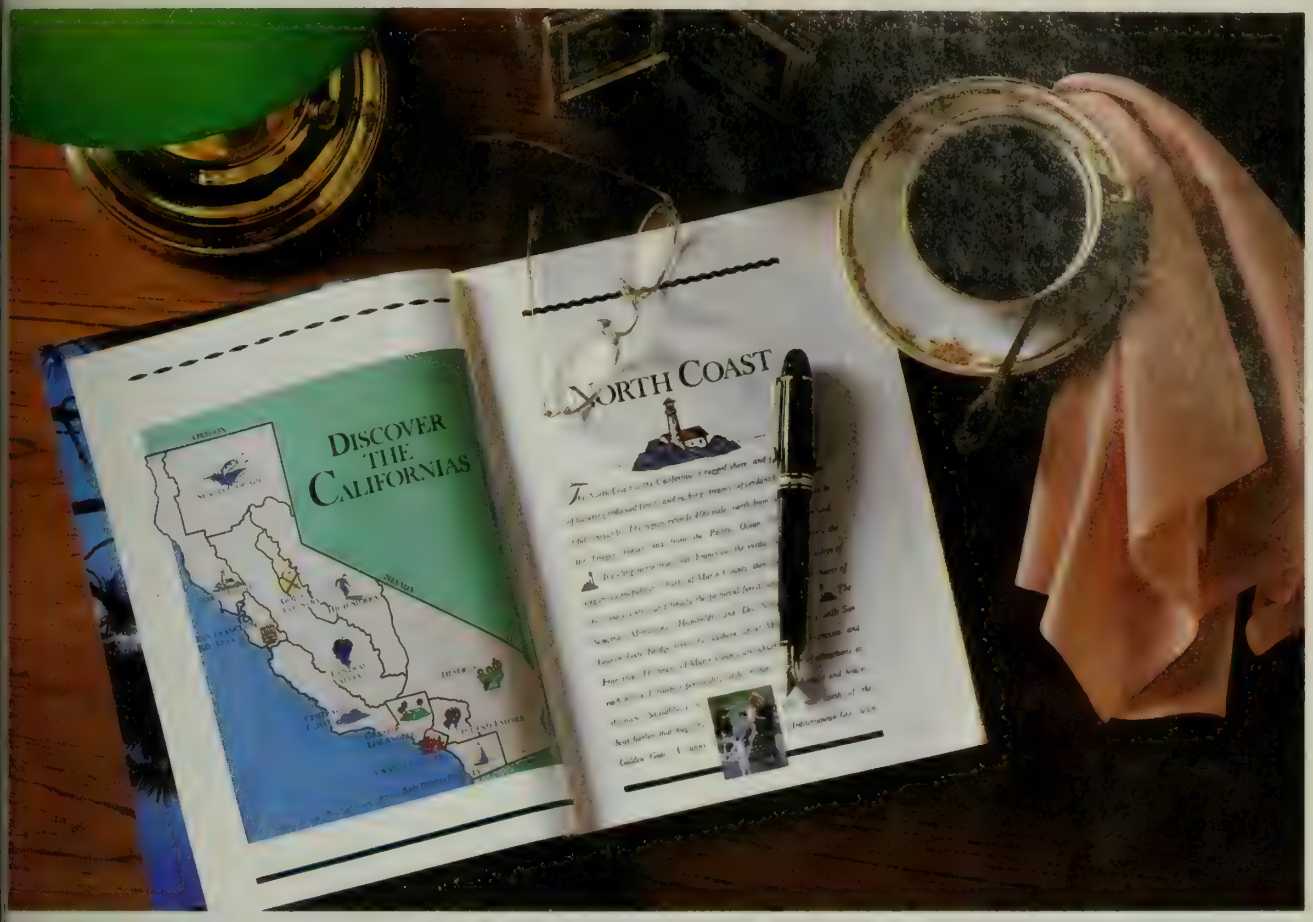


Snap the laminate cleanly in two.

Need a durable, washable surface? Try laminate. Here's a quick guide to cutting this material.

To cut laminate, simply score and snap. Mark your line a tad wider, ¼ inch or so, for trimming after glue-up. Score the laminate with a carbide-tipped scoring tool or a sharp box knife until you can see the dark backing along the length of the line. Lift one edge of the laminate and exert pressure until it snaps.

Making curved cuts, or cutting squares out of larger sheets of laminate, requires a saber saw fitted with a metal-cutting blade. Support the work close to the edge you are cutting to prevent vibration. As before, make your cut a bit larger than the final dimension to leave enough room for trimming flush with a router.



Before you go on vacation, curl up with a good book.

Discover The Californias. 196 pages of What-To-Do's, What-To-See's and Where-To-Go's in America's favorite vacation destination.

The book takes a fresh look at the state. Divides it into a dozen different regions, each with its own special surprises.

The Californias®

Call toll-free 1-800-TO-CALIF, ext. B4052. Or send for yours today. California Office of Tourism, P.O. Box 9278, Dept. B4052, Van Nuys, CA 91409.

Name

Address

City

State Zip

© 1990 California Department of Commerce. All rights reserved.



BEAUTY PRESERVED
The fresh look of dried flowers



PHOTOGRAPHS PERRY STRUSE DESIGNS REBECCA JERDEE

For floral beauty that lasts all winter, accent a room with one or more of these dried-flower forms.

Dried flowers are fresh again. They've cast off their countrified coats and donned renaissance guises for a classical look you can use to accent your home. From left to right, get acquainted with these unusual hybrids:

Standards (single globes on straight stems) summon a presence of the past with topiary tops. A single standard, such as the dried sage-and-cedar rose tree (far left) is a standout in any plant grouping. Double standards substitute well for a pair of formal candlesticks on a table or mantel.

To make your own standard, insert small 3-inch-long bundles of dried sage into a purchased form. (Available [illegible] craft stores, [illegible] on a stick stems.) Wrap the ends of each bundle with a wired florist's pick before inserting it into the foam sphere. Then, add moss at the base of the stem.

Sheaves (tied or untied bundles) symbolize an old-world harvest field and celebrate nature's abundance. Here, a bundle of purple larkspur is tailored and tied with raffia.

In the second sheaf example, onion grass, statice, and lamb's-ear stems are loosely settled into a square of florist's foam and set into a square terra-cotta plant container.

For sheaves without pots, simply tie a bundle of lavender with a ribbon and splay out the stems at the bottom to stand them on a surface.

Bouquets set in urns hold the faded colors of timeworn tapestries, paint-peeled antiques, and garden romance. Just dry hydrangeas in a range of colors—blue, rose, green, bronze, and white—and insert their long, stiff stems into urns or large vases.

Wreaths of tree branches twine into rustic forest icons. Wrap a woody wreath around a bowl of fragrant flowers to ornament a side table. Or, loop it over a bedpost or hall hook.

Miniature gardens in tabletop containers conjure up images of stately manor-house box gardens. Tend such a "garden" in a grouping of potted plants or alone as a focal point on a baker's rack, a hall shelf, or a living room coffee table. You'll never need to weed or water it. BH&G



You don't have to dress up to strip anymore.



Okay. So you really don't need a gas mask to use ordinary strippers. But you have to admit they do smell a bit strong. And, of course, you really should wear protective clothing.

But now there's a paint and varnish remover that's easier on you. And on your wardrobe. Safest Stripper™ Paint and Varnish Remover from 3M.

It's easy. It's effective. And, because it contains no methylene chloride, it has no unpleasant odors, no harmful methylene chloride fumes and won't burn skin like methylene chloride strippers can.



Just apply a thick coat and let it set until it fully softens the old finish. It won't lose its effectiveness, even after sitting all night. You can come back the next day and start right where you left off.

Safest Stripper™ brand Paint and Varnish Remover. It's part of the wood refinishing system from 3M. Look for our fresh new approach to virtually every refinishing problem wherever you find wood refinishing products.



Because when it comes to refinishing, we've got you covered.

©90 3M 36USC380

3M

Worldwide Sponsor 1992 Olympic Games

COOL TOOLS
Do it better—digitally

Microchips have invaded the workshop, and inaccuracy is the only casualty. Here are three new tools that will put you on the front lines of precision shop craft.

THE SMART LEVEL

Dubbed a "digital inclinometer," the SmartLevel from Wedge Innovations shows level and plumb, and reads angles through 360 degrees.

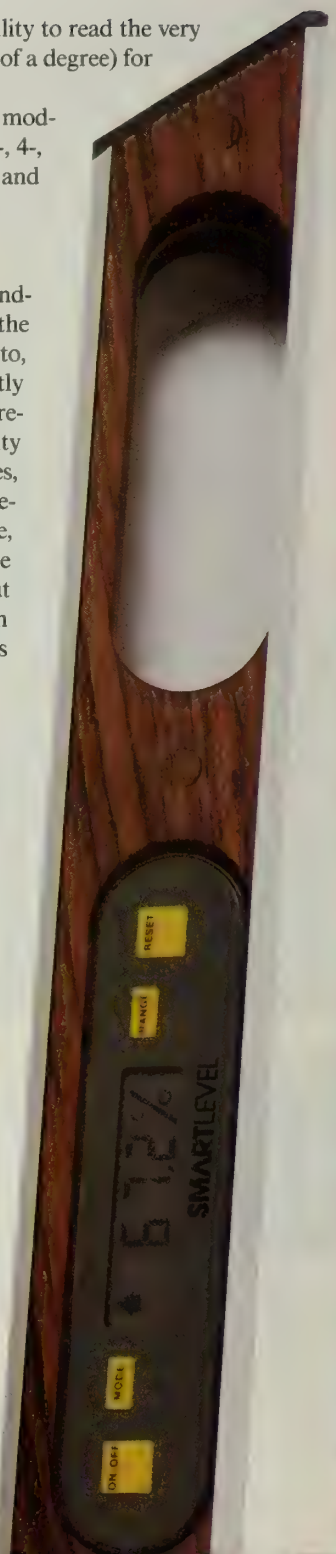
All levels get bumped and sometimes knocked out of alignment, but the SmartLevel's accuracy can be reset. To do so, place the SmartLevel on a flat surface. Press the reset button, then turn it around on the same spot and press reset again. The level reads the difference between the two positions and recalibrates itself to level.

The digital readout provides you with information on slope and pitch for stair and roof construction. Particularly useful is the level's ability to read the very shallow slopes (increments as small as one-tenth of a degree) for drainage and landscape grades.

The SmartLevel consists of a snap-out sensor module and rails made from aluminum and teak in 2-, 4-, and 6-foot lengths. The sensor module costs $90, and the rails go for $30, $60, and $90, respectively.







SONIN 30 CALCU-TAPE

Quick-draw carpenters will love this tool's handheld measuring ability. Simply aim the front of the Calcu-Tape at the object you want to measure to, and push a button. The distance appears instantly on an LDC screen. Once you have your measurements, a built-in memory and calculating ability allow you to figure square footage and volumes, too. This pocket-size device can be a great convenience in measuring for drapes, wallpaper, tile, flooring, paneling, and painting materials. The Sonin 30 measures up to 30 feet, and costs about $40. For $70 you can get the Sonin 60, which measures up to 60 feet. More-powerful models are also available.

ZIRCON STUDSENSOR

You can spend the best part of an otherwise nice weekend trying to find a hidden stud with a cheap magnetic stud sensor. What you'll often find are pipes, electrical wire, baseboard nails, and any other metal behind the walls.

The Zircon Studsensor electronically measures variations in wall density, so it can find studs anywhere along the wall. Because it doesn't rely on nails for a reading, it can also help you locate metal studs, floor and ceiling joists, firestops, headers, and other supports. Simply wave the device over the area in question, and a red light comes on when the Studsensor finds the area of greatest density.

The Studsensor is especially useful for thick plaster walls, where the tap-and-listen method and magnetic stud sensors often fail. The Studsensor can also be valuable in finding studs on walls where you can't afford to make a mistake and patch up the results.

There are two versions of the Studsensor: the manually calibrated Studsensor 2 costs about $15, and the automatically calibrated Studsensor costs about $20.

Holidays cheer for Best Foods.®

Best Foods
makes the foods you love
taste even better.



Food loves Best Foods



Bring out the Best Foods and bring out the best.®

© 1990 Best Foods, CPC International

Spreckels
Since 1898
TM

CURES THE SUGAR BLUES



Try the Spreckels "Easy Pour & Seal" package and you'll wonder why someone didn't think of it sooner!

- Reduces Spilling
- Helps Eliminate Leaks
- Prevents Lumping
- Reseals Easily and Securely
- Handles and Stores Conveniently



MANUFACTURER'S COUPON EXPIRES 10/31/91

SAVE 50¢

on the purchase of a 4 lb. "Easy Pour & Seal" package of Spreckels Sugar. 100129

Limit one coupon per purchase of Spreckels' new "Easy Pour & Seal" 4-pound package. Any other use constitutes fraud. Not to be transferred or sold. RETAILER: We will reimburse you the face value of this coupon provided you and the consumer have complied with the terms herein. Invoices showing purchases of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed or restricted. May not be reproduced, transferred, assigned or sold. Consumer pays any sales tax. Cash value 1/100¢. Spreckels Sugar Company, P.O. Box 880078, El Paso, TX 88588-0078.

5 25100 55150 9

In 12 hours this toothbrush will be clean enough for you to use.



Of course you may not want to. But you could. A bold claim. But one that's a scientifically proven fact.

Even your own mouth is a perfect breeding ground for the germs that cause colds, flu, diarrhea, strep throat, even herpes.

But now using a safe but powerful ultraviolet, germicidal light, the Dentec™ 4000 kills those germs that cause and transmit oral infection.

Protect your family's health. Get the Dentec™ 4000.



Dentec 4000
TOOTHBRUSH
SANITIZER

Before you clean your teeth, clean your brush.™

Available at **Longs Drugs** and other fine stores or call 1-800-942-7192.

DECORATING

HIGH-CONTRAST DECORATING

With black and white, you can create anything from the sweet harmony shown in this kitchen to an arrangement that's a bit off-key. Here are some tips for keeping this high-contrast pair in tune.

White and black play opposite roles in a room. White reflects light and appears to recede, adding visual space to interiors. Black, on the other hand, absorbs light and advances visually to swallow up space. Together, they can create different decorative effects.

By varying black and white ratios, you can create a light-and-airy staccato, a boisterous energy, or intimate drama in a room. Choose one of the following ratios to suit your style:



A dash of black peppers this kitchen.

Six-to-one. Six parts of white to one part of black will give you an open and relaxed-but-spirited space. Note the room shown here: Small black shapes accent large white surfaces.

One-to-one. Equal amounts of black and white, such as a checkerboard floor, result in high-energy activity. This is fun for a while, but too many patterns can weary the eye. Ease with simple prints—dots, stripes, and squares. Balance with solid areas.

One-to-six. Reverse the ratio of this room, giving black the bigger billing. You'll have a cozy, dark, and intimate place. White shines like a star.

Photograph: Barbara Martin. Design: Jeff Hicks. Regional editor: Mary Anne Thomson



Shown smaller than actual size of 9" in height

© Lenox, Inc. 1990

A new masterwork captures the joyous spirit of an old English Christmas ...

Father Christmas

The Old World's legendary symbol of the season, portrayed in a Lenox original of fine porcelain and gold

He is the grand and glorious spirit of an old-fashioned English Yuletide. In his billowing red robes and holly crown, jolly Father Christmas brings joy and glad tidings to all.

Now, Lenox has captured the old-world charm of this legendary figure in *Father Christmas*, a new work of art filled with all the magic of a timeless tradition.

This fine porcelain sculpture authentically portrays *Father Christmas* on his annual journey from house to house. Bearing gifts for children and a wassail bowl, he is the shining promise of festive holiday times, brought to life in meticulously hand-painted porcelain.

His walking staff is handcrafted of gleaming brass. Precious gold is lavished on his robes. And this fine imported sculpture also bears the prized Lenox® trademark in pure 24 karat gold.

The Lenox *Father Christmas* will long be treasured for its superb artistry and spirit of celebration. To acquire this impressive new sculpture in time for Christmas, simply mail the accompanying reservation by November 30, 1990. You need send no money now.

578500

Perfect for Christmas giving.
For faster service,
call toll free anytime,
1-800-533-8810 ext. 709.

BY CANDYCE H. STAPEN BY GEORGE S. BUSH

WINTER ESCAPES



TOM MCCARTHY/UNICORN STOCK PHOTOS

Some like it HOT

You say you don't mind ice—as long as it's in a glass? And snow is dandy—as long as you're somewhere sandy? If winter leaves you cold, consider a sunny getaway. Escape to a desert oasis near Palm Springs, California, or a golf resort in Scottsdale, Arizona. Bask on a beach in the Bahamas or sail away on a Caribbean cruise. TIP: Make reservations right away for peak [illegible] up on the alternative [illegible].



BOB WINSETT/TOM STACK & ASSOCIATES

Some like it COLD

Not everyone longs to leave winter behind. Lots of folks want to celebrate this invigorating season and revel in its special glories. For you, we offer a sampling of great ski resorts across the U.S. Some provide both downhill and cross-country opportunities, and several feature children's programs. Because many people like to vacation in the winter, popular resorts tend to fill up quickly, so it's wise to book early.

continued on page 180


Home For
The Holidays.
Call 1-800-447-4371
for a store near you.
Pier 1 imports
A Place To Discover.

Some like it HOT

Here are some of the best places to follow the sun, whether your idea of fun means a golf package for two or a week in the Bahamas with the kids. You pay a premium to enjoy these vacations during the high season, so we also give you prices for less expensive times, plus tips on how to make your vacation money go further.

LA QUINTA HOTEL, PALM SPRINGS, CALIFORNIA

The only roughing it at La Quinta occurs when your golf ball bounces off the fairway. At this lush desert oasis, 120 miles east of Los Angeles and 19 miles southeast of Palm Springs, petunias and bougainvillea flourish, and date trees shade your private casita with its view of the Santa Rosa Mountains. Fountains, adobe, tile, and Indian rugs create a striking contrast of textures, inside and out, along with an understated elegance. Since the resort's beginning in 1926, such Hollywood luminaries as Greta Garbo and Clark Gable have taken refuge at La Quinta. No longer a small hideaway, it now has 640 cottages.

The star attraction is top-rated golf amid the spectacular desert terrain of lush grass, sand dunes, and salmon-colored mountains. The Dunes course, designed by Pete Dye, boasts a 17th hole that ranks, according to a PGA poll, among the 18 toughest in the U.S.—it's exceptionally long with a water hazard from the tee to the green.

La Quinta Hotel is upscale and pampering. Rates in high season—January 1–April 30—range from $195 to $400. During the shoulder season—May plus October through December—prices drop to $180–$360. There is no additional charge for children. If you can still swing in the high but dry desert heat of summer, rooms plummet to $60 midweek and $75 on weekends, and golf packages drop to $70 per person midweek for a room and a round; $123 for a room, breakfast, dinner, greens fees, balls, and a golf cart. The resort also features 30 tennis courts and 25 pools. ***800/854-1271; 800/472-4316 in California.***

HYATT REGENCY, SCOTTSDALE, ARIZONA

This 493-room family resort creates an enticing desert playground. Romp through 10 swimming pools interconnected with fountains and waterfalls, and play on three nine-hole golf courses or eight tennis courts.

Kids 3 to 12 are royally entertained at Kamp Kachina, a 9 a.m.–9 p.m. program that includes treasure hunts, puppet making, tennis, and games at the cleverly designed sand-beach pool. One of the few resort programs to venture off site, Kamp Kachina takes kids 6–12 to the Phoenix zoo, to ball games, and for horseback rides ($25 per child, meals extra; nominal fee for off-site activities). Kamp Kachina operates daily from Memorial Day through Labor Day and on weekends the rest of the year, plus holidays. The program for tots 3 to 5 runs [illegible] m. ($5 per hour).

With your kids busy, you can improve your tennis and golf with the resort pros. Packages are available for both sports, or the director of recreation will custom-design a tennis program for you, complete with a videotape of your game ($40 for a one-hour private lesson). Golfer's Challenge includes two nights' lodging, continental breakfast, and two rounds of golf per person ($635 for two through December 31; from Memorial Day to Labor Day, $149 per couple).

The amenities of Regency Club rooms are worth the extra cost for families. Bonuses include one hour of complimentary tennis, a full breakfast, afternoon refreshments, and enough evening hors d'oeuvres to make a meal for a grade-schooler. Regency Club room rates are $345 (deluxe rooms, $275) January through May, $170 ($110) June through September 2, and $290 ($220) September 3 through December 31, but are subject to change. ***800/233-1234.***



HYATT REGENCY SCOTTSDALE AT GAINEY RANCH

Hyatt Regency boasts 10 swimming pools and a water slide.

THE BAHAMAS

The Bahamas offer you a choice—unwind at a secluded beach, or go for the glitz and the gambling.

In the casinos at Freeport, Nassau, and Paradise Island, slot machines, blackjack, and craps entice many visitors. Take your chances at Merv Griffin's Paradise Island Resort and Casino, or try Carnival's newer and flashier Crystal Palace Resort and Casino, Cable Beach, Nassau.

If staying amid the daylong whirl mars your commune with sun and sand, book a non-casino hotel. Paradise Island's Ocean Club presents an oasis of terraced gardens surrounding a pool, an attractive beach, and a courtyard restaurant, within a taxi ride of the tables. (Prices start at $195 for a lanai. Children under 18 free with parents. Full American plan: $59 per person; no youth discount.) For November, TWA Getaway offers a three-night package with airfare from New York at $509 per person.

continued on page 182

Coffee break. Italian style.





The coffee break in Italy. Rich, meaningful, rewarding. Discover what a coffee break is meant to be with rich, continental style Medaglia d'Oro Espresso. Besides brewing authentic Italian espresso, Medaglia d'Oro is the perfect ingredient for making good things happen, like...

CLASSIC CAPPUCCINO: Heat milk to just below boiling. To foam milk, use the steam attachment on your espresso maker or briefly mix it in a blender. Add equal amounts of hot espresso and hot milk to a coffee cup. Sprinkle with shaved bittersweet chocolate and cinnamon.

Don't just make coffee. Make good things happen.

For other delicious ways to enjoy Medaglia d'Oro send 50¢ for postage and handling to: Medaglia d'Oro Recipes, P.O. Box 10220, Newport Beach, CA 92658-10220
Allow 6 weeks for delivery. Limit 1 per household.

MEDAGLIA D'ORO®
ESPRESSO
Authentic Italian Coffees since 1924

Available in ground roast, whole bean and decaffeinated.

YOU WON'T BELIEVE HOW MUCH YOU CAN PUT IN THIS PACKAGE.



8 SUITS, 4 COATS, 15 SLACKS, 25 SHIRTS, 13 SWEATERS, 8 DRESSES, 14 PAIRS OF SHOES, 2 BEACH BAGS AND 1 BOOM BOX.

Hold everything! Now you can double your closet space with the new Stanley Closet Organizer.

The sturdy Steel Plank™ shelves won't warp or sag. They provide ventilation without creasing your clothes. One-piece closet rods let your hangers slide freely. And there are no sharp edges to snag your clothing. You get all this Stanley-built quality without paying a custom-built price.

Get more out of your closet with a Stanley Steel Plank™ Closet Organizer. For free literature and name of your nearest retailer, contact Stanley Hardware, 195 Lake St., New Britain, CT 06050 or call [illegible]

STANLEY
helps [illegible]

Some like it HOT

continued from page 180

There's more bustle on the beach—and more kids—at Pirate's Cove Holiday Inn, Paradise Island (rooms start at $110 through December 14; $150 after). Two children under 12 stay free with parents at this family-friendly hotel, which sports kids' menus, meal plans, and some activities. For a better buy, book a package. Liberty Tours offers a seven-night stay with airfare from New York at $595 per person.


BOB KRIST

Windsurfing is a popular water sport at Eleuthera.

For tranquillity try the less developed Family Islands, often called the Out Islands. These islands of uncrowded beaches and quaint villages preserve a native feel and fulfill hammock fantasies of an escape to a secret beach.

Small Hope Bay Lodge, an intimate resort of 20 rustic pine and coral cottages on Andros Island, is a classic example. With a 142-mile-long barrier reef just offshore, Andros is a diver's paradise. After a free two-hour diving course, resort guests over 12 explore the wrecks and spectacular coral, escorted by a dive master (dives $35). Onshore, life is simple. "The only dress code," says manager Mona Birch, "is no ties allowed. This is a barefoot and shorts place."

Although the lodge doesn't offer organized children's programs, families are welcome. Kids explore tidal pools, snorkel, and collect shells. There's a 6:30 p.m. dinner just for children, and baby-sitting can be arranged. The all-inclusive cost of $120 per adult per day through December 14 ($130 after that) includes three meals, snacks, bar drinks, and service charges. Children under 2 free, 2–12 $40, and 13–17 $65. ***800/223-6961; in Florida, 305/359-8240.***

On Eleuthera, Rascals in Paradise, a family tour operator, offers upscale Winding Bay Beach Resort featuring 36 cottages on a crescent beach. When at least four families book, Rascals provides each with a nanny as well as a teacher to coordinate the group's activities. A couple of Rascals' weeks are also scheduled yearly. Weekly summer all-inclusive rates: $1,200 per adult, under 2 free; 2–11 $300; 12 and over $600, exclusive of airfare. ***800/URASCAL.***

CRUISES

Lazy deck-chair days at sea are among life's sweeter pleasures. Aboard Holland America Line's *Westerdam,* the newly lengthened star of the fleet, you combine two full days of cruising with stops at several ports during a week-long sail.

continued on page 188

The Future Depends on the Young.

RIENDS OF ANIMALS resents its first collection of velve original sculptures ortraying baby animals snowy regions.

othing in nature is more pre-ous than our baby animals. Now, raise awareness of our responsi-lity to all the animals that share r world, Friends of Animals has mmissioned gifted wildlife ulptor Deborah Van Ruyckevelt create a charming arctic menag-ie, *Snow Babies*. Twelve exquisite ulptures in the unique combina-n of hand-painted porcelain and ll-lead crystal.

An extraordinary collection, ch sculpture is meticulously afted and hand-painted and then aced on a sparkling ice floe of ll-lead crystal. Available exclu-vely from The Franklin Mint. ttractively priced at $37.50, your *ow Babies* sculptures will arrive the rate of one per month. To quire this endearing collection, mply return your Subscription pplication by November 30, 1990.



Sparkling brass and glass display shown smaller than actual size of 15⅞″ × 13¼″ × 3¼″.



ptures shown smaller than actual size proximately 3¼″ high

Please mail by November 30, 1990.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my subscription for *Snow Babies,* a collection of twelve original sculptures by Deborah Van Ruyckevelt to be crafted in fine hand-painted porcelain and genuine full-lead crystal. I understand they will be sent to me at the rate of one per month, and that the specially imported collection will include a brass and glass display at no additional charge.

I am sending no money now. Please bill me $37.50* for each sculpture when it is ready to be sent.

**Plus my state sales tax and $1.95 for shipping and handling.*

SIGNATURE _____
ALL SUBSCRIPTIONS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS _____
PLEASE PRINT CLEARLY

ADDRESS _____

CITY/STATE/ZIP _____

© 1990 FM

13282-6

hare in the concern for the animals of our world.

"What will buyers think of our house?"

"How does our home compare to others on the market?"

"What can we do to make buyers like our house?"

"Should we repaint the living room?"

"What color?"

"Do you think anyone will in the closets?"

"Do we need new carpet in the den?"

"Should we rearrange the furnitur

"What rooms really need the most attention?"

"What do we do with the during our open house



GO AHEAD. ASK US ANYTHING

When it's time to sell your home, you're bound to have questions like "What will buyers think of our home?"

We know. Because we asked our agents around the country what buyers are really looking for. And we used that knowledge to develop the Better Homes and Gardens® Home Merchandising System.™

It's a unique system that combines our real estate marketing expertise with *Better Homes and Gardens* vast knowledge of the home to show you how to enhance your home from a *buyer's* perspective.

Then, to reach buyers and to help sell your home quickly, easily and at the best possible price, we'll use our proven Home Marketing System.™

Any questions? Call your local *Better Homes and Gardens* memb firm or 1-800-274-76

SOLD

Better Homes and Garden

NOBODY KNOWS HOMES BETTER.®

Each firm independently owned an Operated [illegible] Copyright 1990 Meredith Corporation

ing the world's most
autiful flowers
to your home...
year round!



Shown smaller than actual size of 8¼" in diameter.

The Flowers of Holland

Doug Hague

the Danbury Mint

© 1990 MBI

A numbered limited first edition collector plate trimmed in 23kt gold.

olland...land of windmills, wooden shoes, he most breathtaking flowers on earth. Mil- of tourists visit the Netherlands to see the ling array of tulips, irises, and carnations ming in an endless variety of sizes, shapes, colors. Now, gifted ceramic artist Doug e has painted a magnificent bouquet... or you!

oug Hague was born in England's pottery er. His early interest in painting was encour- by his father, an accomplished porcelain china painter. For more than 35 years, father on have worked as partners on numerous missions which now grace many famous col- ons...including that of Queen Elizabeth II.

A Limited First Edition

he Flowers of Holland" is the first in a new s of limited edition collector plates entitled *uets of the World*, each featuring the nt flowers of a different country. These tiful, full-color paintings have *never before ared on collector plates!*

further enhance its appeal, each plate will corated with a border design relating to the country as the bouquet it portrays. Your "Flowers of Holland" plate, for example, features a lovely bow design in delft blue — a color that originated in Delft, Netherlands. Each plate will also be trimmed with 23kt gold.

Each serially numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The size of the edition will be forever limited to the production capacity of 25 firing days. None will be offered through dealers; this important First Edition is available exclusively through the Danbury Mint.

No Obligation — No Risk

When you acquire "The Flowers of Holland" you have the option, *but not the obligation*, to acquire all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

Strong demand is expected for "The Flowers of Holland" because of the worldwide reputation of Doug Hague, and the many plate collectors who are flower lovers, too. Reservations will be processed in the order of receipt, so mail yours today!

BWP Reply by December 30, 1990 12

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector

Please accept my reservation for **"The Flowers of Holland,"** as described in this announcement. I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will be billed for "Flowers of Holland" at the issue price of $24.95.* If I am not satisfied, I may return my plate within 30 days for a replacement or refund.

☐ Check here if you wish to charge payment to your:
☐ VISA ☐ Discover
☐ MasterCard ☐ Amer. Express

Account No.: _____

Exp. Date: _____

Signature: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Name to Print on Certificate (if different from above):

_____

Please allow 4 to 8 weeks after payment for shipment.

*Plus any applicable sales tax and $2.95 shipping and handling.

Some like it HOT



HOLLAND AMERICA LINE

Passengers pick their own pace aboard the *Westerdam.*

continued from page 182

Besides docking at San Juan, St. Thomas, Nassau, and Virgin Gorda, the *Westerdam* visits Tortola, the only regularly scheduled seven-day cruise from Florida to do so. In Tortola, palm-tree-lined Cane Garden Bay lures you with its picture-perfect swimmer's beach. You can take a yacht cruise to Peter Island, or snorkel and scuba dive among the famous wrecks that make the island a diver's dream.

The upscale Holland America Line appeals to those who want to rejuvenate by leaving the kids at home. The children's program primarily runs on sea days during the Christmas, New Year's, and Easter holidays. In summer, when ships ply the Alaskan routes, kids' activities are scheduled only if the line decides that the number of children warrants a program. Prices start at $1,050 per person, double occupancy. *800/426-0327.*

With only a long weekend for a sea escape, try Norwegian Cruise Line's three- and four-day cruises aboard the *Southward* from Los Angeles to Catalina Island and Ensenada. The four-day itinerary adds San Diego. Spend days shopping, sauntering through the famed San Diego zoo, and snorkeling. Then enjoy moonlit nights at sea.

During the holidays and summer, the *Southward* features children's programs for kids 6–12 and teens. Children's shore excursions are based on demand.

Rates begin at about $525 per person, double occupancy for a three-day low-season cruise (January 4 through February 8; and December 6 through December 20), and $545 for a four-day cruise. Airfare to Los Angeles is included from most cities, add-ons necessary for some categories. Sea Saver discount program rates begin at $279 per person for three days, and $349 for four.

continued on page 190

HOW TO STRETCH YOUR VACATION DOLLARS

1. PLAYING THE SEASONS. Save from 10 to 40 percent during low and shoulder seasons. Consult a travel agent for rates, savings, and weather conditions. Be sure that the resort offers the programs you want when you'll be there.

2. FOOD COSTS. Purchase a meal plan for part—not all—of your stay as a way to budget and perhaps save money. Consider buying a plan for a few carefree days. Order a plan for breakfast and dinner but not for lunch, when it can be more convenient and inexpensive to grab a quick bite. Get plans only for those family members who will eat enough to make it worthwhile—not for the toddler who just nibbles from your plate or the child who eats only pizza. Ask for children's rates and menus.

Save money and energy with a room-service breakfast. Two trays with hot food and cold cereal feed parents and tots without the early-morning hassle of dressing hungry kids for a wait in a restaurant.

3. AIRLINE BUYS. Fly midweek. Flights are generally less expensive traveling south Sunday through Wednesday and heading home Thursday to Saturday.

Use frequent-flyer mileage. Learn the restrictions and blackout dates.

Check newspapers and ask your travel agent about airline promotions.

4. LODGING SENSE. Book the right place for your needs. On days that you'll be out touring and shopping, stay in more economical accommodations a few blocks from the beach. When you want to savor the sea, sample the children's program, and improve your golf swing, book a more expensive resort with these amenities.

Condos provide kitchens and the privacy of living rooms and separate bedrooms for much less than hotel rates for comparable space.

5. PACKAGE SAVVY. A reputable tour company can get an individual family a good plan, often obtaining a week at a hotel with airfare for about what you'd pay for just the room if you booked it yourself. And the travel agent's services are free. Buying a package also saves you time because you don't need to phone for car rental and air schedules.

Shop around and compare. Know what's included and what's not. Ask: Is the hotel on a beach, a quiet street, or next to the main drag? Does the resort have a baby pool, tennis courts, room service, inexpensive restaurants, and children's programs? Know what type of room you will be guaranteed—deluxe or standard, ocean or mountain view.

Be aware of cancellation policies and penalty fees. Purchase trip cancellation insurance, and learn what's covered—usually medical emergencies, but not a whimsical change. Pin down details about warranties and money-back guarantees for the trip.

There is something lse in the world with the same kind of softness as Northern.

A cuddly quilt. Its softness was all the ıspiration we needed to create Northern® –the only leading bathroom tissue that's uilted.

You see, our secret is that every sheet f Northern is actually two layers quilted gether for a soft, cushiony feeling.

So try lorthern athroom tissue. nd discover a ecial kind of ftness you've ally always nown about.



© 1989 James River Corporation

Some like it COLD

continued from page 188

There's no healthier, more inspiring winter sport than skiing—cross-country or downhill. Both delight you with the splendors of the season and provide an exhilarating workout.

The ski areas described range from down-home to big-time. Most offer cross-country as well as downhill, allowing family members to enjoy their own favorite variety—a big plus if your kids want to zip the slopes when you'd rather glide softly through the stillness of a snow-draped forest.

WATERVILLE VALLEY, NEW HAMPSHIRE

Families love it here. Kids under 13 ski and stay free midweek. The SKIwee school for ages 3 to 12 is one of the finest. At the on-ski nursery, toddlers slide around in a delightful snow park adorned with fairy-tale figures. Most restaurants have children's menus, and there are skating parties, sleigh rides, family movies, a video arcade, and, of course, a pizza parlor.

Keeping youngsters happy is only part of Waterville's allure. Most of the 6,000 skiers who fill its inns and condos come because of Mt. Tecumseh, whose 2,020-foot vertical descent accommodates runs for every degree of expertise.

On the other side of the valley, groomed and tracked cross-country trails meander through woods and glades for 45 miles, connecting to 20 more miles of wilderness trail in the surrounding White Mountain National Forest.

Midweek, five-day lift, five-night lodging package rates cost $245 per adult in one-bedroom condo-hotel units with kitchens; two-bedroom condo-hotel units with kitchens run from $380 to $450 per adult. Except during holiday periods, one child per adult skis and stays free; if the child is under 5, the ski nursery is free, too. Cross-country package rates run about a third less than for downhill.

Waterville Valley Central Reservations, Dept. BHG, Waterville Valley, NH 03215; 800/468-2553.

SUMMIT COUNTY, COLORADO

Less than two hours west of Denver off I-70, hard up against the highest peaks of the Continental Divide, roost the loftiest snow arenas: Keystone, Copper Mountain, and Breckenridge. Their lifts start at elevations where most other downhill realms let off their passengers—above 9,000 feet. Then they hoist you to where the sky is the deep, dark blue that only aviators know—to 12,000, even 13,000 feet.

These three neighboring resorts offer excellent skiing, from beginner to expert, and cross-country as well as downhill. They also have a cornucopia of other winter recreation, from ice-skating to sleigh rides. Each has its own special qualities and ambience.

Keystone has the edge when it comes to family skiing. Its facilities for children include a ski nursery and terrain garden, where kids learn basic moves on an imaginative ob cle course—by skiing through a snow tunnel, for instan Most downhills on Keystone's main mountain are desig for novices and intermediates; there are two additional citing ski summits for upper intermediates and hotshots. night, that mountain, rising above the resort, looks lik giant Christmas tree, with gold-colored lights shining on of the runs. The summit restaurant, accessible by gond serves fondue dinners. After eating you ski down the 2,3 foot vertical descent or ride the gondola back to the val



Kids' programs win family-skiing accolades for Keystone.

Copper Mountain is the best laid-out all-around mountain (not only here but arguably in the whole coun and with the most gloriously alpine panoramas. Even vi ing Europeans compare the views to Switzerland's. Thre Copper's 20 lifts climb to powder bowls above the timb line, the highest yielding a vertical drop of 2,760 feet. though most of this upper terrain is advanced and exp territory, there are easy cruisers almost from the top. other unusual feature you'll find at Copper Mountain is t the cross-country trails start at a lift-base restaurant.

Breckenridge, a historical gold-mining town, is by far largest and liveliest of the Summit trio, with about 85 taurants and hundreds of shops along its Victorian stre Indeed, two out of every 10 winter vacationers here d ski, but come for all the other fun, including dogsled ri snowcat and snowmobile tours to old mining camps, live theater. The skiing is no less diverse. There are th mountains, connected by lifts and runs, with a maxim vertical drop of 3,398 feet.

continued on page

National taste test proves

Fisher® Mixed Nuts Beat The Famous Mixed Nuts



©1990 P&G

In a recent blind taste test, Fisher® Mixed Nuts beat the leading national brand by a nutslide.

Fisher has a delicious idea. We fresh-roast each of our mixed nuts separately --each for the right time, each at the right temperature. So each nut retains its own fresh flavor. And that's why Fisher tastes fresh-opened.

And there's nothing mixed up about that.

What could be Delisher than Fisher?

Some like it COLD

continued from page 190

Each resort has its own condo-lodging/skiing packages averaging about $85 to $135 a day per adult; kids under 13 normally stay and ski free, but they pay for skiing at Keystone. Also available are lift passes that allow you to ski at all three resorts. For a four-day stay, adults pay $108 at Copper and Breckenridge and $116 at Keystone; six days cost $162 and $174; children's prices are $56 and $84. Free buses connect the three ski areas in Summit County.

To receive general literature: ***Ski the Summit, Box 267, Dept. BHG, Dillon, CO 80435.*** For additional details and reservations at the respective areas: ***Keystone, 800/222-0188; Copper, 800/458-8386; or Breckenridge, 800/221-1091.***

CRYSTAL MOUNTAIN, THOMPSONVILLE, MICHIGAN

You couldn't pick a more pleasant place for a family ski trip than this homey, family-owned resort in the hills south of Traverse City, Michigan. It's also reasonably priced. A family of five can ski for five midweek days, staying in a two-bedroom condo with kitchen, for just $621 to $711, plus whatever groceries you need.

Crystal is so compact that everything is within walking distance: a nursery for infants, a ski school for 3- and 4-year-olds, a skiing program for children 5 and older, a base lodge with two dining rooms, bar, indoor pool, and fitness center. Thirteen slopes are lighted for night skiing, but if streaking down under the stars isn't your style, the kids can enjoy hayrack rides and bonfires, and the grown-ups can gather for wine and cheese parties.

True, the downhill runs are short. The maximum vertical drop from the tallest of three lift summits is 375 feet. Even so, because lift lines are rare on weekdays, you can rack up a lot of mileage, steep or gentle according to your taste.

The 19 miles of cross-country are exceptional. Most trails are in the valley flats, but once you've learned a few tricks, you can share one of the lifts with the downhill skiers and veer off onto a hilly trail in the woods.

Crystal Mountain, Dept. BHG, Thompsonville, MI 49683; 616/378-2911.

NORTHSTAR-AT-TAHOE, TRUCKEE, CALIFORNIA

This unpretentious resort above the California shore of Lake Tahoe provides a combination of downhill and cross-country. Everybody rides a six-passenger gondola to the day lodge perched on the mountain's midriff. Downhillers then continue to the summit on chair lifts, while cross-country skiers slide over to the nearby cross-country center with 26 panoramic miles of trails. Everybody lunches on the big, sunny terrace of the lodge.

Downhillers have 49 trails to dance on, the longest a 2.9-miler with a vertical descent of 2,200 feet. Most runs are easy to middling, but there is steep terrain on the back of the mountain for the more experienced.

The resort's hub at the gondola base offers ski-vacation services, from equipment rental to restaurants. You stay in condos spread through miles of ponderosa. Shuttles ferry skiers between lodgings and the village.

One-bedroom condos sleeping up to two guests run $486 per person; two-bedroom, two-bath units sleeping four cost $370 per person. Both rates are for four days of skiing and five nights' lodging, midweek. Cross-country skiers pay $12 a day; kids, $6.

Northstar-at-Tahoe, Box 129, Dept. BHG, Truckee, CA 95734; 800/533-6787.

SALT LAKE CITY, UTAH

No, that's not a misprint. Salt Lake City is a ski-vacation bargain. Less than an hour from town, eight excellent downhill domains dot the high canyons of the Wasatch Mountains. Four are served by frequent daily ski buses of the municipal transit system at $3 a ride. All-day lift tickets at most nearby ski areas are also reasonably priced.

You can ski a different area each day while taking advantage of city hotels and motels that average only about $40–$80 a night—considerably less than most ski-resort lodgings. Most restaurants are cheaper, too. For convenient, low-cost accommodations, shop motels on North Temple between the airport and downtown.

Accessible by bus are prestigious Alta, one of the country's oldest and finest ski destinations (mostly intermediate and advanced; maximum vertical, 2,050 feet; day-lift ticket, $19); adjoining Snowbird (mostly steep, rugged, fast, but with separate novice slope; maximum vertical, 3,100 feet; all-lift pass $35; kids, $20); Brighton (good for novices and lower intermediates; vertical 1,445; $14/$13); and Solitude (mostly intermediate; vertical 2,030; $17/$14).



PHOTO COURTESY OF SALT LAKE CONVENTION & VISITORS BUREAU

Salt Lake lures skiers with low prices and eight ski areas.

If you rent a car, you can also ski Deer Valley (mostly steep runs, but so smoothly groomed that intermediate skiers feel like experts; vertical 2,200, $39/$25); Park City (big and busy, with many runs of all kinds; vertical 3,100; $37/$18); and ParkWest (everything from bunny slopes to powder chutes; vertical 2,200; $24/$15).

Salt Lake Convention & Visitors Bureau, 180 S. West Temple, Dept. BHG, Salt Lake City, UT 84101-1493; 801/521-2868. BH&G

American Tobacco Co. 1990.



Full Flavor.
Lights.
Menthol Lights.
Ultra Lights.

Surprisingly rich.

At ½ price.*

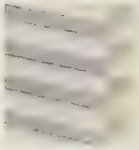
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Ultra Lights 100's: 6 mg. "tar", 0.6 mg. nicotine; Lights & Menthol Lights, Kings and 100's: 12 mg. "tar", 1.0 mg. nicotine; Full Flavor Kings and 100's: 16 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

*½ THE PRICE OF MOST BRANDS BASED ON MANUFACTURERS' LIST PRICES. ACTUAL RETAIL PRICES MAY VARY.

We cover the world's most beautiful views.





Pacific Heights, San Francisco.

Outside these windows you can see one of the world's most magnificent sculptures.

The Golden Gate Bridge.

Inside these windows is another work of art. Granted, on a slightly smaller scale. **Duette® window fashions.**

Only Duette shades have a cellular honeycomb design. This patented construction and its unique advantages cannot be duplicated.

Duette shades cover windows of virtually any shape or size in one flawless expanse unmarred by seams, holes or visible cords.

They're also highly energy efficient, incredibly easy to maintain, and so durable they'll retain their pleats permanently. So their beauty will never spoil.

Of course, everyone has a different view about what's beautiful. Which brings us to another advantage of the Duette construction. You can choose from a spectrum of luxurious colors inside, while a neutral white always faces outside. And our soft fabrics come in a choice of pleat sizes and varying degrees of light transmission...sheer, translucent and blackout.

So, no matter what your view may be, you'll never have to look beyond Duette window fashions.

For a free brochure, fabric sample and your nearest dealers, call 1-800-32-STYLE ext. 500. In Canada 1-800-265-1363. Or write: Hunter Douglas Window Fashions, Box 308, Dept. 500, Mt. Olive, NJ 07828.

HunterDouglas

DUETTE®

© 1990 Hunter Douglas, Inc. Patented in the U.S. and foreign countries.

HOW TO ORDER

GIFTS WITH A PERSONAL TOUCH



For those who enjoy authentic Italian cuisine that can be prepared easily at home, ***Cooking Italian*** includes 123 classic Italian and Italian-American recipes. Chapters include Pastas and Sauces, Meats and Poultry, Fish and Shellfish, Pizzas and Sandwiches, Risottos, Polentas and Gnocchi, and Desserts. Illustrated with 31 full-color photos. Hardcover, 128 pages.

THE JOY OF HOLIDAY BAKING



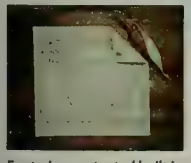
New from *Better Homes and Gardens*® Books! For the novice or serious baker who wants the taste of those old-time baking favorites, ***Old-Fashioned Home Baking*** features more than 500 delicious, home-style recipes using today's simplified baking techniques. Step-by-step instructions, 112 color photos, over 100 tip boxes, and six full-color spreads are contained in this 312-page hardcover book.



Our **Mini-Loaf Pan** is quality aluminum with a smooth anodized finish for professional results. Bakes eight 4½ x 2½-inch mini loaves, each 1½ inches deep. Smooth finish for easy release; dishwasher safe. Our **Springform Pan** is aluminum and 9 inches in diameter. Our aluminum **Tart Pan** is 10 inches in diameter and features a removable bottom. Our **Canape' and Hors D' Oeuvre Cutter Set** includes twelve cutters ranging in size from ½ inch to ¾ inch in diameter shipped in the handy metal storage tin shown. Our **Mini Muffin Pans** (set of two) allow you to bake up to 24 bite-size tarts or pastries at once. Easy-care aluminum pans produce tarts measuring 1¾ inch wide x ¾ inch deep.



Specially selected for the readers of ***Better Homes and Gardens***® magazine, this five-piece **Baking Set** includes a 10 x 14-inch wire rack, a 10 x 15-inch cookie sheet, two 8-inch round baking pans, and an 8-inch square baking pan. All five pieces are manufactured from quality aluminum with a smooth anodized finish for professional results. Dishwasher safe; rust resistant.





The **Gourmet Stay-Put Pastry Cloth** measures 22 x 23 inches and is manufactured from heavy cotton duck with hemmed edges. Featuring *patented* built-in suction cups, the cloth is printed with pie circles. A cotton knit rolling pin cover is included. Our **Pastry Shortcut Set** includes two pastry brushes with natural bristles plus a stainless steel pastry blender. All items have hardwood handles.

COTTAGE ON THE PRAIRIE



Home Builder's Set of Eight $195.00
Contractor's Set of Five $165.00
Individual Home Plan $120.00
Additional Sets of Same Plan $25.00

Complete, Ready-to-Use Plans

All ***Better Homes and Gardens***® Home Plans include a materials list for easy estimating, full outline of specifications, and complete drawings including: exterior elevations; foundation plans showing structural support and type of material; floor plan dimensions for each level; roof plan details; kitchen and bathroom cabinet details; and a money-saving list of energy-efficient specifications.

Quality Plans at Great Savings

Enjoy tremendous savings by ordering our **Eight-Set Home Builder's Package** which includes eight complete sets of the plan for only $195.00! The Home Builder's Package gives you enough plans for your General Contractor, Building Permit Department, Bank/Loan Company, Interior Designer, Electrical Contractor, Plumber, Heating/Ventilation Contractor, and YOU! You may also choose the **Five-Set Contractor's Package** for just $165.00, or order **Individual Plans** for $120.00 with additional sets of the same plan at only $25.00 each.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE®
Dept. 2RA, Box 374
Locust at 17th
Des Moines, IA
50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
COTTAGE ON THE PRAIRIE				
81-92	**No. 19212** Cottage On The Prairie Home Plan (All Home Plan Prices Shown Above)			
GIFTS WITH A PERSONAL TOUCH				
108	**No. 16337** *Cooking Italian*		$ 9.95	
THE JOY OF HOLIDAY BAKING				
123-129	**No. 16327** *Old-Fashioned Home Baking*		$24.95	
123-129	**No. 31298** Mini Loaf Pan Set		$15.99	
123-129	**No. 31192** 9-Inch Springform Pan		$5.99	
123-129	**No. 31228** 10-Inch Tart Pan		$4.99	
123-129	**No. 31054** Canape' and Hors D' Oeuvre Cutter Set		$5.99	
123-129	**No. 31105** Mini Muffin Pans (Set of two)		$8.99	
123-129	**No. 31328** Baking Set (Five Piece Set)		$23.99	
123-129	**No. 31256** Gourmet Stay-Put Pastry Cloth		$14.99	
123-129	**No. 31265** Pastry Shortcut Set		$9.99	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia, and Washington.

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

****Shipping and Handling:**
For orders up to $10.00 . . . . . $2.15
$10.01 to $20.00 . . . . . $3.00
$20.01 to $30.00 . . . . . $3.75
$30.01 to $50.00 . . . . . $4.35
Over $50.00 . . . . . $4.75

CREDIT CARD ORDERS SPEED DELIVERY!
Fill in the lines below or CALL TOLL FREE 800-678-2672.

Credit Card No. _____
Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!



Help For The Homeless . . . A Great Gift Idea

As the holiday season draws near, why not make a donation of $15 to *The Better Homes™ Foundation* and receive this 1990 Holiday Ornament for yourself or to give as a lovely gift. The ornament is the second in a series of exclusive *Better Homes™ Foundation* designs — a true collector's item. Designed by Elizabeth Root of Hawaii and inspired by the appliqué on an Hawaiian quilt, each ornament is stamped from brass, embossed with children in a circle holding hands, and gold plated. The ornament measures approximately 2¾" x 2¾".

To order by mail, send check or moeny order for $15 per ornament to: *Better Homes and Gardens*®, Department 25K, Box 374, Des Moines, Iowa 50336. Specify Product No. 29124. To order with a major credit card (Mastercard, Visa, or American Express), call TOLL FREE 800-678-2672. Please have your credit card number handy and specify Product No. 29124.

All profits from the sale of these ornaments will go to *The Better Homes™ Foundation* to help homeless families. Under IRS guidelines, the full purchase price is a deductible contribution.

The Better Homes™ FOUNDATION
HELP FOR HOMELESS FAMILIES

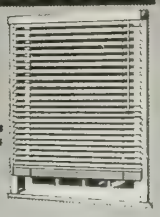
To make an additional donation to *The Better Homes™ Foundation*, please see page 36.

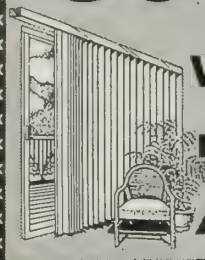
LOWEST PRICES! LEVOLOR • DELMAR • BALI • GRABER • HUNTER DOUGLAS LOUVER DRAPE • JOANNA • KIRSCH • VEROSOL • PROFILE • M & B

LEVOLOR® & del mar

MINI-BLINDS

Up To 80% OFF RETAIL





VERTICAL BLINDS

75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS

Call Us for Prices on All Brands of:

- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

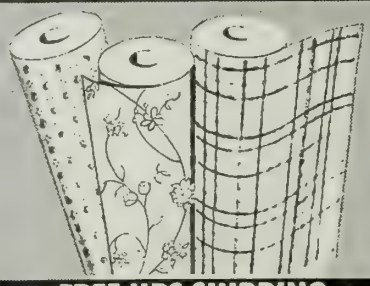
COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING

Up To 78% OFF RETAIL

ALL THE NATIONAL BRANDS!



FREE UPS SHIPPING
NO SALES TAX OUTSIDE MI

Instant Price Quote on All the National Brands

- All First Quality
- Special Discounts
- Shop in Your Neighborhood, Write Down Book Name and Pattern Number THEN CALL:

NEW LOWER PRICES!

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262 ©1990 A.B.W.F.

AMERICAN BLIND & WALLPAPER FACTORY

28237 ORCHARD LAKE RD.
FARMINGTON HILLS, MI 48334

WEEKDAYS: 8:30 a.m. - 9:00 p.m.
SAT. 8:30 a.m. - 6:00 p.m. • SUN. 10:00 a.m. - 6:00 p.m. E.S.T.

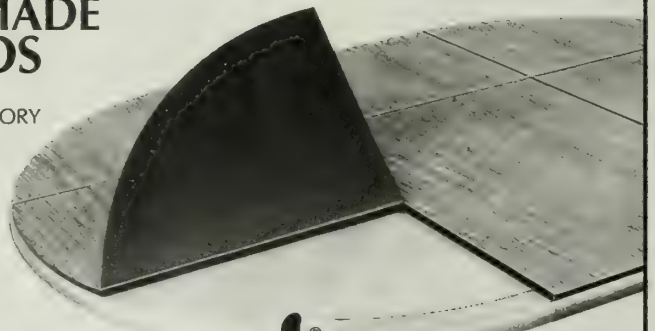
CUSTOM MADE TABLE PADS

BEST PRICES
DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.

1-800/328-7237
Ext. 210

1170 Stella St., St. Paul,MN 55108
©-89 (612) 646-6778—Ext. 210



Sentry® TABLE PAD CO.
SINCE 1911

CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide
Here's a sampling of our mini blind prices

L \ W	15-23"	26	29	32	36"	40"	44"
21"	S8	S10	S11	S13	S15	S17	S19
42"	11	13	14	16	18	20	23
48"	14	15	16	20	22	24	28
54"	16	18	19	23	26	28	30
60"	19	22	23	25	28	30	32
66"	20	23	24	27	30	32	34

COMPARE OUR PRICES TO ANYONE.

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®



3 DAY BLINDS

LIFETIME GUARANTEE

TOLL FREE 1•800•966•3DAY

Ask For Your FREE Ordering Kit • VISA and MasterCard Accepted

3 DAY BLINDS, INC. Anaheim, California

Prices subject to change

BH&G Shoppin editor's choice

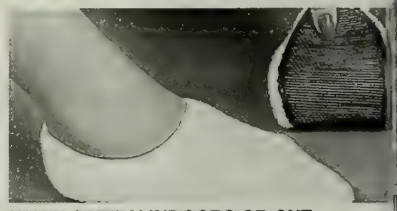
Discover the ease and pleasure of shopp by mail. Order from the convenience of y own home with complete confidence.

BY ARLENE AVILES



"LITTLE FARMERS" FIGURINE

Now their precious expression, "You been far long?" has been captured in a top-quality porc figurine. Handcrafted and handpainted in true-l colors, figurine is about 5½" high on an oval Treasured gift or beautiful collectible you'll ch year after year! $29.95 + $3 shpg. HOLST, I Dept. BHD-1190, 1118 W. Lake, Box 370, T City, MI 48764.



WALK SAFELY INDOORS OR OUT IN COMFY MOON BOOTS!

Slippers fashioned from soft, white stretch terry ture flexible non-slip rubber soles. Fit comfort without flopping. 75% Cotton/25% stretch n Made in U.S.A. Order N5222 Slippers Small (N5223 Medium (6-7); N5224 Large (7-8); N522 Large (9-10). $3.99 ppd. WALTER DRA BH24, Drake Bldg., Colorado Springs, CO 809



PHOTO CALENDAR ONLY $9.95

Picture your favorite son, place or pet on a fessionally produced endar. Custom desig for horizontal or ver original photo. Finis calendar 10"×18" prox.). Reproduced f any photo or 35mm (returned). Add 95¢ calendar for p&h. RELIANCE COLOR LA INC., Studio PCBH, P.O. Box 1000, Swan MA 02777. *Guaranteed.*

VERTICALS & MINI BLINDS

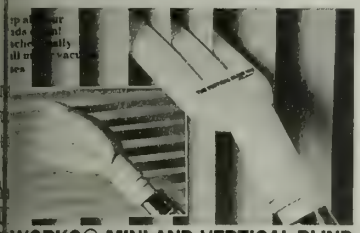
60% to 76% off retail. Shipped in 5 working days yours FREE. LIFE TIME GUARANTEE. We an established factory-direct company committed to quality & service. Free designers sample kit lets you buy in the convenience of your home. Call 1-800-642-9899 (ext.4), or write to: AROUND THE WINDOW 326 N. Stonestreet Avenue, Suite 204, Rockville, MD 20850.





ER'S LUCKY STYMIE MARKER

ıe for yourself and some for your favorite golf- se this four-leaf clover (instead of a coin) to your place on the green...it brings a "lucky Made of solid brass. Golfer's name is expertly ed (please print clearly). Send $5 ea., ppd. ed in 2 days). ELGIN ENGRAVING CO., BH11, 522-1 Stevens Ct., Dundee, IL 60118.



WORKS® MINI AND VERTICAL BLIND NER ATTACHMENTS

ng "fingers" fit all major vacuums, including Busters™. Slides between blinds and cleans them onds. Terrific on hard-to-clean fabric blinds. y money back guarantee. Delivery guaranteed Christmas. Send $19.95 + $2.00 s&h. Check oney Order to: AMG MARKETING, P.O. 8431, Philadelphia, PA 19149.

EVOLOR® BLINDS

1" MINI-BLINDS... UP TO

75% OFF

GUARANTEED LOWEST PRICES!!

STOM ORDERED VERTICAL BLINDS

(Fabrics - Vinyl - Aluminum)

EATED SHADES • DUETTES • REAL WOODS

VE SELL ALL SIZES!! ALL BRANDS!!

TO ORDER CALL TOLL-FREE

1-800-**677-9090**

ADVANCED CONSUMER PRODUCTS

P.O. BOX 95 • GARDEN CITY, MI 48135-0095

VISA

ASK ABOUT OUR GUARANTEE!

0-847-6142

Wallpaper

- ANY PATTERN, ANY BOOK
- UP TO 50% OFF RETAIL
- ALL FIRST QUALITY
- GREAT SERVICE

THE EASY WAY TO SHOP®

YORKTOWNE WALLPAPER OUTLET

2445 S. QUEEN ST. • YORK, PA 17402



I saved 65% buying carpet from S&S Mills!'

"Buying direct from S&S was easy. Their customer service staff was very helpful and my shipment arrived right when they said it would. And because S&S uses only premium quality branded fibers like DuPont Stainmaster® and Scotchgard® stain resist by 3M, I knew the carpet I selected would be of the highest quality. . . I was right."

Ann Vaughan, Homeowner, Indianapolis, IN

Call for *FREE* carpet samples and a brochure.

1-800-848-8114 ext. 98

MasterCard VISA

We Deliver Quality Carpet for Less

2650 Lakeland Rd., Dalton, GA 30720

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more.

PLEASE CALL: 413-243-1300

24 hours a day, 7 days a week

Satisfaction guaranteed.

☐ **PLEASE SEND FREE CATALOG.**

Name_____

Address_____

City_____

State_____ **Zip**_____

COUNTRY CURTAINS®

At The Red Lion Inn

Dept. 7400, Stockbridge, MA 01262

GET WEIGHT OFF AND KEEP IT OFF FOR GOOD WITH NORDICTRACK...

America's most efficient, total-body workout

Diets Alone Don't Work.

When you eat less, your body automatically adjusts its metabolism to a lower level; attempting to maintain a set point between your food intake and activity level. You lose some weight, but feel tired, grumpy and hungry. Inevitably you give in, splurge, and gain the weight back again.

The Secret To Lasting Weight Loss.

For best results, eat sensible meals and get regular aerobic exercise on NordicTrack. NordicTrack's highly efficient total-body workout will raise your metabolism, so you can get weight off and keep it off for good.

NordicTrack: World's Best Aerobic Exerciser.

Fitness experts agree that cross-country skiing is the world's best aerobic exercise. By duplicating the motion of cross-country skiing, NordicTrack lets you work more muscle groups and burn more calories than with a treadmill, exercise bike, or stairclimber — up to 1,100 calories per hour according to a major health sciences university study.

It also helps you reduce body fat and gain muscle tissue. Which means you'll burn more calories even at rest.

Easy To Use; Just 20 Minutes A Day.

NordicTrack is as easy as walking. And it's time-efficient — 20 minutes a day is all it takes.



NordicTrack A CML Company *You're worth it!*

Send for FREE VIDEO & Brochure!

Call Toll Free in the U.S. and Canada

1-800-328-5888

☐ Please send me a free brochure
☐ Also a free video tape ☐ VHS ☐ BETA

Name _____

Street _____

City _____ State ____ Zip _____

Phone ( ) _____

141C Jonathan Blvd. N., Chaska, MN 55318

109K0

SHOP BY MAIL

REPLACEMENTS, LTD.

A Million Pieces!
Active and Discontinued
China, Crystal and Flatware

To Buy or Sell:
Call (919) 668-2064, or write:
302 Gallimore Dairy Rd., Dept. GBNOA
Greensboro, NC 27409-9723
(SASE Please)

PERFUME
COLOGNES & MINIATURES

Over 1000 Designer Fragrances
Imported-Hard to Find-Discontinued!

Available to you from the world's largest perfumery. To place an order *call Toll Free 1-800-544-0575 or write for free catalogue to* **Le Parfumier**, *P.O. Box 40412-21, South 5th Street, Philadelphia, PA 19106*

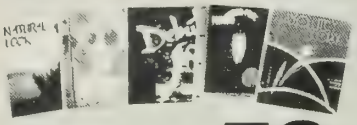
Credit Cards Accepted: Amex Visa M.C. D.C. C.B. Discover
WORLDWIDE DELIVERY



BEAUTIFUL WALLS

Amazing roller paints wallpaper patterns direct walls, furniture, fabrics, etc. Florals, traditional, nial and modern designs. Do it in your home or a new business. Complete kit costs only $44.90 · P&H. ROLLERWALL, INC., Dept. BH-110, 757, Silver Spring, MD 20918.

WE DO WALLCOVERINGS.



Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to...

50% OFF RETAIL

SMART FEATURES
- Free UPS shipping!
- Most orders shipped within 3 days!
- Absolute lowest prices guaranteed!

CALL TOLL FREE **1-800-677-0200**

VISA MasterCard **SMART WALLCOVERINGS**

"Where a smart shopper is our best customer."

WINDOW EXPRESS
1" MINI BLINDS
SHIPPED IN 7 DAYS

CUSTOM MADE
1" Mini Vinyl from **$12!**
1" Aluminum from **$15!**
PVC Verticals from **$42!**
Free Shipping On Most Items

Also
• Levolor • Kirsch • Del Mar • Louver Drape

SUPER SAVINGS ON
WALLPAPER

CUSTOM WINDOWS & WALLS
32525 STEPHENSON HWY., MADISON HGTS. MI 48071
1-800-772-1947
Or 1-800-777-7747



GUARD YOUR TABLE AND SAVE!

With finest quality, folding style custom table direct from America's oldest & largest manufacti Washable vinyl top & soft felt base. Firm bill courtesy basis after you receive your table pad advance deposit or C.O.D. required. 15-yr. fac guar. 800-328-7237 ext. 210. SENTRY TA PAD CO., 1170 Stella St., St. Paul, MN 55108.

ABLEWALKER

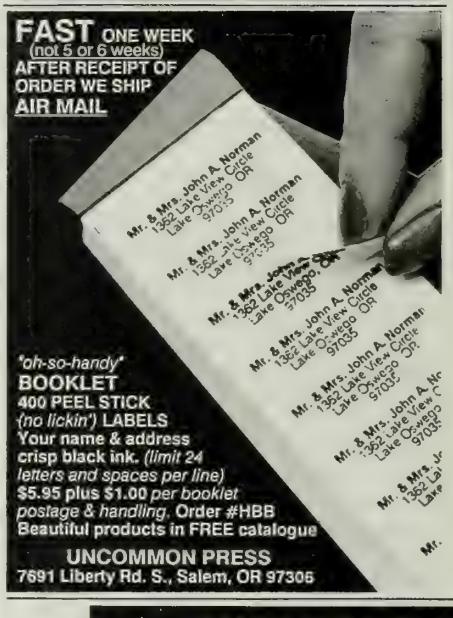
YOU WILL WALK WITH
GREATER FREEDOM & INDEPENDENCE
OR YOUR MONEY BACK.
Recommended by Doctors



EASILY CONVERTS TO A CHAIR

Call 1-800-663-1305
1122 Fir Avenue, C2, Blaine, WA 98320

FAST ONE WEEK (not 5 or 6 weeks) AFTER RECEIPT OF ORDER WE SHIP AIR MAIL



"oh-so-handy"
BOOKLET
400 PEEL STICK
(no lickin') **LABELS**
Your name & address crisp black ink. *(limit 24 letters and spaces per line)*
$5.95 plus $1.00 *per booklet postage & handling.* Order #HBB
Beautiful products in FREE catalogue

UNCOMMON PRESS
7691 Liberty Rd. S., Salem, OR 97306

ART POSTERS & PRINTS

Habitat Galle
Custom Framed Art Posters & P

Habitat Gallery is the world's largest custom framed, art poster and print gallery. Choose your frame and matte color & favorite print from over 2,500 collections, at discounts of up to 50% off! Call now for a free color catalog. 1-800-477-3300.



PET DISCS

Now our aerodynam ly-designed Pet D come in two sizes so the smaller dog can joi on the fun. Revolution super-tough construc resists chewing. Incl instruction book. L measures 9½" and s 6½". Order #H20-(Large, $10.70 ea. or 2 for $14.75. #H20-116 Sn $9.95 ea. or 2 for $13.75. Postpaid. PEDIGRE Box 905 BHPP, Brockport, NY 14420.

LOWEST PRICES

BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DEL MAR
DUETTES / MICROS / 1" MINI / VERTICALS
REAL WOODS / PLEATED

FREE [illegible] NO. 1 IN CUSTOMER SERVICE

PREMIER BLIND COMPANY
[illegible] INFORMATION & PRICE QUOTES
1-800-441-1288
GIDDINGS, TEXAS 78942

QUALITY CUSTOM BLINDS

BUY DIRECT FROM THE FACTORY
PAY THE SAME PRICES THAT STORES PAY!

EXPRESSBLINDSFACTORY
Germantown, MD 20874

CUSTOM VERTICAL BLINDS

L / W	38"	51"	63"	75"	85"	100"	113"
48"	$32.26	$40.05	$46.99	$54.47	$59.67	$68.26	$76.36
60"	35.16	43.52	51.75	59.94	66.04	75.74	84.73
72"	37.74	47.26	56.20	65.73	72.09	83.22	93.01
84"	40.63	51.04	60.84	71.20	78.41	90.34	101.02

- Available in 2 colors: white and alabaster.
- Call for Pleated Blind prices.
- Call for sizes and prices not listed.
- Lifetime Guarantee

CUSTOM MINI BLINDS

L / W	15"-23"	26"	29"	32"	36"	40"	44"
42"	$9.90	$11.70	$12.60	$14.40	$16.20	$18.00	$20.70
48"	12.60	13.50	14.40	18.00	19.80	21.60	25.20
54"	14.40	16.20	17.10	20.70	23.40	25.20	27.00
60"	17.10	19.80	20.70	22.50	25.20	27.00	28.80

TOLL FREE **1-800-543-2383**
Prices subject to change without notice.

VISA

ORDER **TODAY** – Shipped in **2 Working Days – 48 Hours**



PLAID FISHTAIL SWAG
50% Cottom/50% Polyester (lined). Colors: Red, Spruce Green, Navy Blue, Pink, Delft Blue or Terra-Cotta Plaid. Available in 22″ wide x 108″ long, $69.50 each, and 22″ wide x 145″ long, $105.00 each. Made in USA. Please add $6.00 p&h per order. Free 64-page color catalog. COUNTRY CURTAINS, Dept. 8130, Stockbridge, MA 01262.

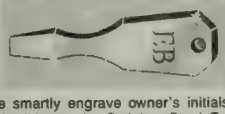


WHITE GOOSE DOWN COMFORTERS & PILLOWS
Heavenly Down Comforters and Pillows are special because they contain ONLY WHITE GOOSE DOWN and are covered in 100% Cambric Cotton. Order safely, customer direct at big savings, for our FREE color catalog call toll free 1-800-888-DOWN.



MINI BLINDS
Mini blinds available direct from the factory at 75% off retail. We guarantee to ship your national blinds in 5 days or they're FREE! Call NATIONAL BLIND FACTORY at 1-800-477-8000.

LIFETIME POCKET SCREWDRIVER



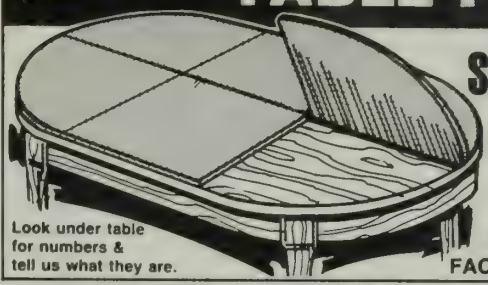
Handiest gadget ever! Only 2 inches long, fits on his or her keychain . . . ready to open lids & lighters, fix motors etc. 1001 uses! We smartly engrave owner's initials. Guaranteed forever. Made of solid gleaming Stainless Steel. Full price $5.00 each. Money back if not delighted. We ship in 2 days. Mail to: **Elgin Engraving Co.**, 522 Stevens Ct., Dept. 1, Dundee, Illinois 60118.

BLINDS
LEVOLOR
LOUVERDRAPE
DELMAR
HUNTER DOUGLAS
Verticals
Pleated Shades
Duettes
Wood Blinds
Micros & Minis
up to 80% off!
- Free UPS shipping
- No sales tax outside RI
- 5 day shipping on selected patterns

GLOBAL BLINDS
Call Toll Free:
1-800-488-4334
with brand name, pattern and color #
Weekdays: 8:30 a.m. - 9:00 p.m. EST
Saturday: 8:30 a.m. - 6:00 p.m. EST

WALLPAPER
FREE DELIVERY • MASTERCARD/VISA
NO SALES TAX (outside PA)
CALL WITH BOOK & PATTERN #
33 - 75%
MARY'S DISCOUNT PAPERS
FAMILY BUSINESS SINCE 1925
1-800-521-3393

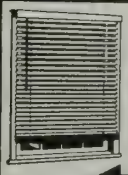
PROTECT Your Treasured Dining Table With CUSTOM FIT **TABLE PADS**
ASK ABOUT FREE LEAF SPECIAL



Look under table for numbers & tell us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase
UNBELIEVABLY PRICED FROM
$29.95 For Quality Pad Any Normal Size
COMPARE AT 99.95
Guaranteed up to 20 years - MC/VISA
TOLL FREE 1 (800) 428-4567
FACTORY DIRECT TABLE PAD COMPANY

LEVOLOR®

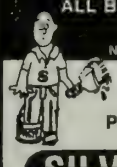


1″ MINI BLINDS **75% Off Retail**
LOWEST PRICES GUARANTEED
CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM



SHIPPED IN 5 DAYS OR THEY ARE FREE!
VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES
NATIONAL BLIND FACTORY
CALL TOLL FREE 1-800-477-8000
400 GALLERIA #400 • SOUTHFIELD, MI 48034

Discount Wallcovering
Blinds - Verticals
"Never Undersold"
ALL BRANDS - FIRST QUALITY
FREE DELIVERY
NO SALES TAX (OUTSIDE PA)

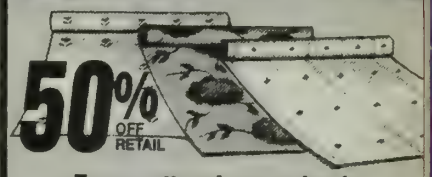


SHOP IN YOUR NEIGHBORHOOD
Write down Pattern Number/Book Then Call
FREE 2 rolls selected books (Buy 10 – Get 2 Rolls Free) per pattern MENTION COUPON
SILVER WALLCOVERING BLINDS • VERTICALS
3001-15 Kensington Ave. • Phila., PA 19134
1-800-426-6600
USA - CANADA



The "diamond" you can afford to lose!
A Kenya® Gem isn't a diamond... but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.
A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold... priced to lose...
but you won't want to.
Send for free full color catalog today:
Major credit cards accepted
KENYA Division, Dept. BH 1190
Day & Frick, Inc.
1760 N. Howard Street
Philadelphia, PA 19122
®Trademark of Day & Frick, Inc., Est. 1866

WALLCOVERINGS



50% OFF RETAIL
Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!
FREE SHIPPING WITHIN 3 DAYS!
CALL TOLL FREE
1-800-627-0400
with pattern number and book name
Style Wallcovering
"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"
P.O. Box 52128 • Livonia, MI 48152

INSTANT PRICE QUOTES • SAME DAY PROCESSING
1-800 WALLCOVERINGS
• ALL BRANDS DISCOUNTED
• FIRST QUALITY
• FREE DELIVERY
• NO SALES TAX (outside NJ)
NOBODY BEATS OUR DISCOUNTS
CALL WITH YOUR PATTERN NUMBER
1-800-232-6591
P.O. BOX 1392 MERCHANTVILLE, NJ 08109

ART POSTERS
Over 2500 Collections
50% OFF



- Contemporary
- Childrens
- Lifestyles
- Scenic
- Fine art
- Photography

FREE UPS shipping to your home!
World's largest collection of art posters & prints—all custom framed.
FREE COLOR CATALOG
CALL TOLL FREE 1-800-477-3300
Habitat Gallery
Custom Framed Art Posters & Prints

WHOLESALE
WALLCOVERINGS
CALL US WITH BOOK NAME & PATTERN NUMBER
36% to 50% OFF

MICROS • MINIS • VERTICALS • PLEATED
BLINDS
UP TO **70% OFF**

FREE SHIPPING NO SALES TAX (excl. N.J.) BHG
TOLL FREE 1-800-338-4882
HEADQUARTERS WINDOWS & WALLS
8 Clinton Place, Morristown, NJ 07960

Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape
BLINDS
UP TO **80% OFF**
Micros • Minis • Verticals • Duettes
WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

FREE UPS Shipping
FREE PRICE QUOTES
Call Today For Discounts On Any National Brand
No Sales Tax Outside N.Y. State
THE BLIND FACTORY OUTLET
VISA 1-800-233-4488



1000 RETURN ADDRESS LABELS **$1.49**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.49



250 Crystal-Clear RETURN ADDRESS LABELS **$3.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $3.98



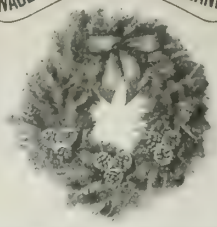
250 Self-Stick WHITE GLOSS LABELS **$3.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $3.98

Walter Drake — 305-A Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____ S717 1000 Labels @ $1.49 $_____
____ P2031 Crystal-Clear Labels @ $3.98 $_____
____ P6030 White Gloss Labels @ $3.98 $_____
Add 40¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

WADE'S CHRISTMAS WONDERLAND



Canadian Fresh Balsam Fir Christmas Wreath.
Individually handcrafted from Natural Balsam Fir Boughs and tastefully decorated with weather proof red bow and pine cones. Two sided 24 inches in diameter. Shipped the first week of December, $24.95 shipment included, $2.00 extra west of Mississippi. Call toll free 1-800-565-XMAS, Visa or Master Card. Wade's Christmas Wonderland, 1745 Vallee Lourdes Drive, Bathurst, N.B. Canada, E2A 4P9

National Wholesale Wallcovering
★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!
WALLPAPER
NEW! LOWER PRICES!
75% OFF!
EVERY BOOK AND PATTERN ALWAYS UP TO...
★ EXCLUSIVE "DON'T GET STUCK" RETURN POLICY
★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!
★ BUY ALL TOP BRANDS at National Wholesale
1-800-631-9341
★ FAX ORDER OR INQUIRY-1-800-526-9037
YOU CAN CHARGE IT!
PO Box 396, Ledgewood, N.J. 07852



GIANT CAST IRON PIGGY BANK

only **$13.95**
plus $3.75 shipping

An inspiration for savers—*and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100-year-old antique foundry molds. Not your everyday run-of-the-mill piggy bank—he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. Check, MC, Visa. NJ res. + 7% tax.
SPECIAL: Two for **$26** plus $6.50 shpg.

ESSEX HOUSE
Dept. G11-0, Rahway, NJ 07065

CHINA, STERLING SILVER, CRYSTAL
Save up to 70% on famous makers like Gorham, Reed & Barton, Royal Doulton, Lenox, Wedgwood, Noritake & many others. By the piece or by the set, Midas has the lowest prices. All orders sent quickly via U.P.S. Midas accepts AmEx., Visa, M.C. & Discover. Write to: MIDAS CHINA & SILVER, Dept. BHG1190, 4315 Walney Road, Chantilly, VA 22021. Call toll free 1-800-368-3153.



NO HIDDEN CHARGES

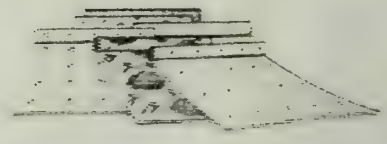


Over a decade of the lowest Direct to Consumer Wholesale Prices & same day computer processing, has given us over 1,000,000 satisfied national customers. Call toll free 1-800-631-9341 & give the book & pattern number. Free delivery anywhere in the U.S.A. NATIONAL WHOLESALE WALLCOVERING, Rte. 10, Ledgewood, NJ 07852.

FROM NORDIC TRACK



Introducing a new piece of exercise equipment intended to create and maintain muscle strength and flexibility with just a few basic exercises. Quiet, attractive and easy to use, the new Nordic Fitness Chair by NordicTrack is designed to be used in the living areas of the home. For more information on the Nordic Fitness Chair call 1-800-848-7786.



WALLCOVERING
Every pattern in every book is now 50% off depending on volume! The more you buy...The more you save! Free shipping within 3 days! "We don't inflate the retail price and we guarantee to beat all prices!" For information call STYLE WALLCOVERING at 1-800-627-0400.

BALI. Levolor. Graber. Duette by HunterDouglas. DEL MAR

BEST BLIND PRICES IN AMERICA!

FROM OUR FACTORY

FREE DESIGNER SAMPLE KIT
Actual aluminum color samples. Actual fabric samples. This kit could save you hundreds. Call for yours today!

MINIS VERTICALS PLEATED

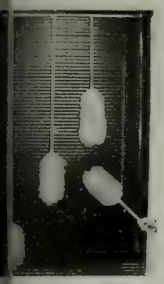


Dealer Inquiries Welcome!

UP TO **76% OFF!** suggested retail price

Shop Wholesale At Home! Lifetime Guarantee!
5 Working Day SHIPPING OR IT'S Free!
1-800-642-9899 Ext.4
326 N. Stonestreet Ave. / Suite 204
Rockville, MD 20850
around the window

e on your wallpaper
ion, call NationWide
esaler TOLL FREE
book name, pattern
er & amount of rolls
d: 800-537-WALL
J call 201-342-0110)
stant price quote. All
quality. FREE UPS
ery. NATION-
E WHOLESALER, P.O. Box 40, Hackensack,
602.



DUSTER CLOSE OUT

Distributor is closing out inventory of these high quality Australian lamb's wool dusters. Come in four sizes from 20" to 60". Holds dust like a magnet. Limited supply. 20" wand, $4.99; 30" to 40" extending $6.99; 31" to 60" extending $8.99. $1 p&h. Order 2 or more and we ship free. LS INTERIORS, INC., 7171 Amador Plaza, n, CA 94568. Or call toll free 1-800-547-8982.

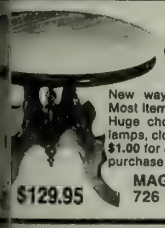
UP TO **80** % OFF Dept Store Price Lists

VERTICALS DUETTES MINIS

ational brand names all types of window coverings call with brand ss, pattern name & color • 6 days a week M-F 8 to 8 Sat 10 to 3

SA RCARD **800-877-8590** THE BLIND WORKS No sales tax outside NJ THE SMART SHOPPERS CHOICE

FREE UPS SHIPPING

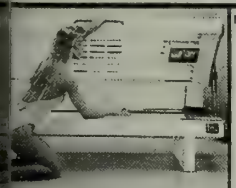


Quaint Victorian
COFFEE TABLE
with Imported Marble top

New way to save on Yesteryear furniture. Most items shipped direct from factory to you. Huge choice of sofas, chairs, tables, quaint lamps, clocks. Also beds, mirrors, desks. **Send $1.00** for 80 page catalog; we refund $2 on first purchase

$129.95

MAGNOLIA HALL (Dept. BH 1190)
726 Andover, Atlanta, GA 30327



TAN AT HOME!
Home & Commercial
WOLFF Tanning Beds
BUY DIRECT
SAVE UP TO 50%!
Call Today
for FREE Color Catalog
and Wholesale Pricing!
1-800-228-6292

'AIN BLOCKERS"
OUR FEET WILL FEEL SO GOOD!

LOCKERS" are a complete group of Men's & Women's name lootwear that provide all day comfort for walking, work, duty, and FOR FREE BOOKLET call 1-800-877-WALK or (216) 493-0944 complete size ranges & slim to extra wide widths)
blockers" 4641 DRESSLER RD. N.W. CANTON, O, 44718

0 EXPRESS PHOTOS ONLY $3.00

BRIGHTEST COLORS ★ BORDERLESS
Six choices only $3.00 each



★ 40 Wallets
★ 32 Wallets & One 5"x7"
★ 8 Wallets & Four 5" x 7"s
★ 2 Custom 8" x 10"s
★ 1 Custom 11" x 14"
★ 20 Jumbo Wallets

E color photos on KODAK paper. Speedy service with uter accuracy. Send any photos or instant prints up to " or negs or slides. (returned) Add 95¢ each set for hand. ost. For Rush Express Photo Service add $2.00 per order.

NT COLOR ★ 1 Custom 20" X 30" $9.95
largements ★ 2 Custom 16" X 20" $9.95
ostage and handling. Add $1.95 per giant Enlargement Offer

nteed. Encl. check or M.O. with ret. address, send to:
For Rush "PRESS PHOTO" Service add $2.
RELIANCE COLOR LABS, INC.
Studio 314-11 Box 1000
Swansea, MA 02777

UP TO **75**% OFF
WALLCOVERING
EVERY BOOK & PATTERN
NO SALES TAX
(Except NJ & NY)
FREE UPS DELIVERY
NEVER UNDERSOLD

FABRICS
WAVERLY • GEAR
CLARENCE HOUSE
ROBERT ALLEN
JAY YANG
KRAVET
MARIO BUATTA
UP TO **50**% OFF

68% OFF
LEVOLOR BLINDS
VERTICAL, MINI & MICROS
ALSO DELMAR, BALI, LOUVER DRAPE, GRABER, HUNTER DOUGLAS & MORE

NATION WIDE WHOLESALER
1-800-488-WALL
P.O. BOX 40, HACKENSACK, NJ 07602

ALWAYS FIRST-QUALITY
Top-Brand Wallpaper
Save up to 75%

- Any book or pattern.
- No tax outside Pa.
- Any fabric and border.
- Shop, then call with book name, pattern number.

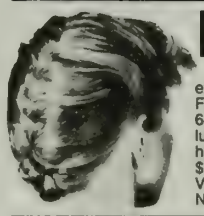
FAST! Same-day processing.
FREE! Shipping. Except Alaska and Hawaii.

ALSO Top-Brand Carpet & Rugs

Mon., Tues., Fri.: 9–9
Wed., Thurs., Sat.: 9–5:30

1 800 252-5060
BENINGTON'S™
1271 Manheim Pike, Lancaster, PA 17601





BRAID Aid

Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-426, Box 2012, New Rochelle, N.Y. 10802.

TAROT ANSWERS ALL QUESTIONS
CALL: **1-900-370-9090**
FOR THE FIRST TIME EVER YOUR MOONSIGN
HOROSCOPE, CALL: **1-900-370-9000**
LET CASSANDRA REVEAL YOUR CHINESE
HOROSCOPE, CALL: **1-900-370-9191**
$2 FIRST MIN., $1 EACH ADD

#1 LEVOLOR
MAIL ORDER DEALER



OUR 10TH YEAR AS YOUR BEST SOURCE FOR
1" MINI BLINDS ✦ VERTICAL BLINDS ✦ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ✦ WOOD MINI BLINDS ✦ PLEATED SHADES
WE ALSO FEATURE: KIRSCH : LOUVER DRAPE : DEL MAR
HUNTER-DOUGLAS DUETTE : BALI : GRABER
DON'T BE FOOLED BY MISLEADING PERCENT-OFF ADVERTISING. WE GUARANTEE LOWEST PRICES

LEVOLOR ECONOMY MINI BLIND—FREE VALANCE

WIDTH / HEIGHT	19- 23	to 26	to 29	to 32	to 36	to 40	to 44	to 48	to 52	to 57	to 62	to 67
To 42	$14	$16	$17	$18	$20	$22	$23	$25	$27	$30	$32	$34
42+ to 48	$16	$17	$18	$20	$22	$24	$26	$28	$29	$33	$35	$37
48+ to 54	$17	$18	$20	$21	$24	$26	$28	$30	$31	$36	$38	$41
54+ to 60	$18	$20	$21	$23	$26	$28	$30	$32	$34	$38	$42	$44
60+ to 66	$19	$21	$23	$24	$28	$30	$32	$35	$37	$42	$45	$47
66+ to 72	$21	$22	$24	$26	$29	$32	$35	$37	$40	$45	$47	$51

SIZES TO 102W X 108H. CALL FOR WELLS' LOWEST PRICES

CALL OR WRITE FOR A PRICE QUOTE OR FREE BUYERS' GUIDE
1-800-547-8982
WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7171 AMADOR PLAZA ROAD, DUBLIN, CA 94568
PLUS 20 CONVENIENTLY LOCATED CALIFORNIA & OREGON RETAIL STORES

At Last A Cap Organizer!



The "Original" Cap Rack Holds up to 12 Caps!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the **PATENTED** plastic clip. Hang one for everyday use, and order several for your cap collection. Made in **USA** of **Solid Wood.** Great gift idea.

Set of two 6-clamp Cap Racks (each 18" long)
Reg. $11.95—Now for limited time, **ONLY $9.95** + $2.45 p&h.
Two sets of two 6-clamp Cap Racks Only **$18.95** + $2.85 p&h.

Single 12-clamp Cap Rack (36" long) **Reg. $11.50—Now** for limited time, **ONLY $9.50** + $2.45 p&h.
Two single 12-Clamp Cap Racks Only **$18.50** + $2.85 p&h.

Send Check or MO. 20 day money back guarantee.

HOLST, Inc. Dept. BHO-1190, 1118 W. Lake Box 370, Tawas City, MI 48764

SHOP BY MAIL

THE MAN NEXT DOOR

NOVEMBER 1990

■ Government handouts have never impressed Ned Carter, who insists that whatever a person receives from Washington will never replace the help from the neighbor next door.

■ Football fan Bill Minchin reports that his season tickets at the stadium are invariably directly between the peanut vendor and his best customer.

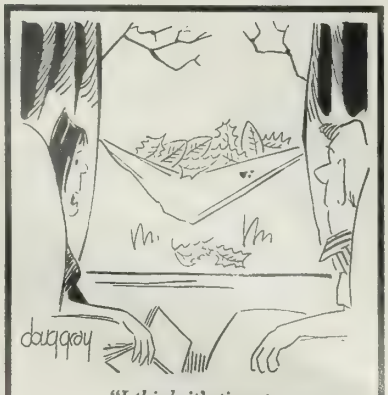
■ Our Rosemary writes from college that her economics class already has taught her that there are at least two ways to inject more funds into the economy: One is to borrow money from the Federal Reserve Bank and the other is to just call home.

■ After inadvertently bouncing a check at our supermarket, I've updated the old saw: To err is human, to forgive will cost you $15.

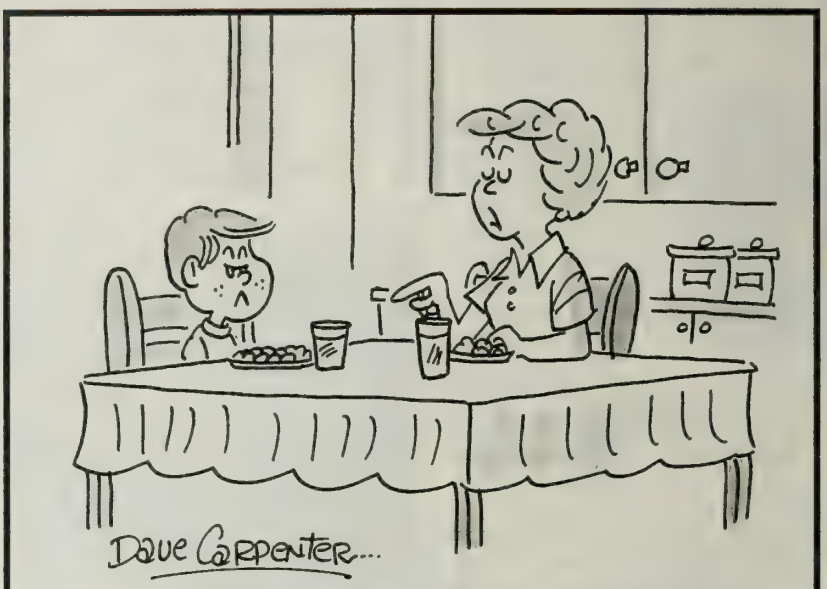
■ Our household's new litter of kittens is being offered to interested parties at "$2 each or free," depending on whether the prospective purchaser is negotiating with our Judy or her mother.

■ "For too many people," says the Rev. George Hall, "the business of life is a game only when you're winning."

■ Arriving home from the office has convinced me that the degree of affection shown by our dog depends on how wet and dirty he happens to be.



"I think it's time to take down the hammock."



"Now you eat your dinner. There are people starving in diet centers throughout the country who would love that meal."

■ Bill Norman has added a couple of pounds this fall, prompting wife Isabel to declare that their dining-club membership is their only investment to show a visible return so far this year.

■ Patients who ask Dr. Bob Hannelly what can be done for graying hair are usually advised to "just give it plenty of respect."

■ "The trouble with revisiting your old hometown," confides Uncle Dodd Buckner, "is that you quickly discover it is your childhood memories that you miss and not the town."

■ Preparing for a difficult math test, reports Burt, Jr., has given him a new appreciation of how a turkey must feel as Thanksgiving Day nears.

■ "The best thing about retirement," says former engineer George Romich, "is that just as soon as you wake up in the morning, you are on the job!"

■ Vacations are great for revitalizing the body and mind, agrees Lee Bayless, but he's having difficulty deciding whether he more enjoys his vacation or that of his supervisor.

During a weekend antiquing trip, Christine and I encountered some twig furniture. The items on display were impressive—and so were the price tags.

Besides, declared Chris, it was a craft that I could master easily. What else could I do but agree?

After several evenings of measuring, cutting, tacking, and trimming, I had produced a two-tiered wine rack with a shelf in between to hold a small vase of flowers.

I thought it was really creative, and Christine agreed. The children—obviously not wine connoisseurs—had different reactions. Judy's first impression was that it was a frontier stockade in miniature, and Burt, Jr., saw it as a twin-towered condo for birds.

Chris and I are going to try it for a few months and see how we and our visitors react to it. If the reception isn't favorable, however, the wrens should be looking for some new homes next spring.

Burton Hillis

ER HOMES & GARDENS
December

ELEGANT HOLIDAY DESSERTS

3 9042 02349317 1



Better Homes and Gardens®

EC. 1990

Christmas Memories

AJI
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010

**A-
CKED
GES**
aments
s to
sure
day
ts
Christmas decorating

30 FESTIVE RECIPES
Christmas dinner
Appetizers
Cookies & candies
Make-ahead tips

BURLINGAME
NOV 8 1990
LIBRARY



One Dodge air bag. Two lives saved.

It happened on June 11th at 7:00 a.m.

Susan Reed was on her way to work when a drunk driver crashed into Susan's 1990 Dodge Spirit.

Both cars were totally destroyed. But Mrs. Reed was wearing her lap/shoulder belt, and the Dodge Spirit was equipped with a driver's air bag. It worked. It saved her life. And it saved another life. Her baby's.

Susan was seven-and-a-half months pregnant at the time of the accident. And we're glad she had the Dodge air bag, because on August 5th she gave birth to a 9-pound 6-ounce healthy baby boy named Michael Joseph.

We wish them both well.



Advantage: Chrysler.

CHRYSLER · PLYMOUTH · DODGE · DODGE TRUCKS · JEEP® · EAGLE



SIMULATED SITUATION. © 1990 TI

TEXAS INSTRUMENTS



10 Teachers Per Student.

Each of TI's tools for learning was developed with a team of America's foremost educators to be wonderfully engaging and infinitely patient. And each brings together sight and sound to give parents tools of extraordinary educational promise.

The TI Super Speak & Spell™ development was led by Dr. Richard Venezky, an international authority in the psychology and linguistics of spelling. It teaches the mastery of words most commonly used by a child in school and seen in schoolbooks.

The TI Super Speak & Math™ was developed with a team led by Dr. Gary Bitter, a noted authority on teaching math teachers how to teach. It contains 250,000 math problems, including spoken word problems.

The TI Super Speak & Read™ was nearly four years in research and development. Six noted educational experts were used just to validate the educational content of the product.

Each TI "Super Speak" is part of the TI Learning Path,™ designed to match the right concepts with the right time in your child's development.

Just imagine if you'd had them when you were growing up. For more information, 1-800-548-9347.

TOOLS FOR LEARNING FROM
Texas Instruments

BECAUSE OUR NEWEST GENERATION MUST BE OUR SMARTEST GENERATION.





China and Crystal Ornaments

LENOX

Hark the herald angels sing.

LENOX CHINA, 900 WILDROSE ROAD, DEPT. BROCHURE TO LENOX, LAWRENCEVILLE, N.J. 08648. FOR FURTHER INFORMATION CALL 1-800-635-3669. © LENOX 1990

Better Homes and Gardens®

TABLE OF CONTENTS DECEMBER 1990; Vol. 68 No. 12





ON THE COVER

22 **40 Idea-Packed Pages** *of holiday crafts and decorating ideas. See our stories on pages 22, 33, 63, and 141.*

93 **30 Festive Recipes** *Christmas dinner, appetizers, holiday desserts, cookies and candies*

96 **Elegant Holiday Desserts** *Turn to pages 96–102 for tantalizing dessert recipes.*

BETWEEN FRIENDS

11 **Editor's Letter**

12 **Family Network®** *Our readers offer solutions to family problems*

17 **Helping Homeless Families**

162 **The Man Next Door®** *Writes about family, friends, and neighbors*

FOR YOUR HOME

CRAFTS

22 **Home Style** *'Tis the season*
Ideas to deck your halls or give as gifts

33 **Christmas from the Old World**
Create holiday enchantment the European Way

63 **Crafting a Colonial Christmas**
Bring the joy of Christmas past to your home this year

141 **Hanukkah**
A family celebrates its faith with handmade treasures

FAMILY MATTERS

CARS

31 **Air Bags in Your Car**
What you should know about these lifesaving devices

ENVIRONMENT

148 **Great Gifts for the Environment**

PETS

152 **Perfect Pet Presents** *Tail-wagging ideas*

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $16 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $16 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. DECEMBER, 1990. Vol. 68, No. 12.

© Copyright Meredith Corporation 1990. All rights reserved. Printed in U.S.A.

TRY
NEW Campbell's®
Cream of Broccoli
Soup

RECIPE
OFFER
CALL NOW!
1-900-990-SOUP
(7687)*



Great as a Soup and Makes Quick, Easy and Delicious Recipes Your Whole Family Will Love!

BROCCOLI RICE CASSEROLE

1 tbsp. vegetable oil
½ cup chopped celery
¼ cup chopped onion
1 can (10¾ oz.) Campbell's® Cream of Broccoli Soup
¼ cup milk
1 cup diced pasteurized process cheese spread
1 pkg. (10 oz.) frozen chopped broccoli, thawed and drained
2 cups cooked rice

1. In saucepan, in hot oil, cook celery and onion until tender-crisp.
2. Combine soup and milk; stir in celery-onion mixture, cheese, broccoli and rice. Pour into 10" x 6" baking dish. Sprinkle with paprika.
3. **Conventional:** Bake at 350°F. for 30 minutes or until hot. **Or Microwave:** Microwave on HIGH 10 minutes or until hot, rotating dish halfway through cooking. 8 servings.

Call 1-900-990-SOUP(7687)* for more delicious recipes made quick and easy with NEW Campbell's® Cream of Broccoli Soup and receive free booklets. *You will be charged $1.49 on your telephone bill for this call.

CALL NOW!

M'm! M'm! Good!

Offer expires March 31, 1991 or when supplies are exhausted.



CONTENTS, CONTINUED FROM PAGE 5

GOOD FOOD

91 Win Money for Your Recipes

93 Making Christmas Memories

30 yuletide recipes created especially for your family gatherings

106 How to Use Nutrition Information

134 Recipe Index

137 Prize Tested Recipes®

Festive Breads, Holiday Entrées

SHOPPING

14 Magazine Customer Service Information

149 Buying Guide

Names and addresses of retailers and manufacturers of products shown on our editorial pages

151 Directory of Architects and Designers

154 Shopping Editor's Choice

161 How to Order

Special offers, project plans, and kits featured in Better Homes and Gardens® magazine

COVER CREDITS Photograph: HOPKINS ASSOCIATES; Regional Editor: MARY DIDIO; Rug: CAPEL; Chair: EXPRESSIONS; Pajamas: CARTERS

For service on your subscription, including change of address, write to Better Homes and Gardens® Customer Service Manager, P.O. Box 4536, Des Moines, IA 50336. Please enclose your address label from a recent issue. If you wish to phone, call toll-free **1-800/678-2666**.

WE CARE!

Virginia Slims remembers when women were given free reign to advance in their chosen fields.



A long, feminine light. Because women are equal, not the same.

VIRGINIA SLIMS

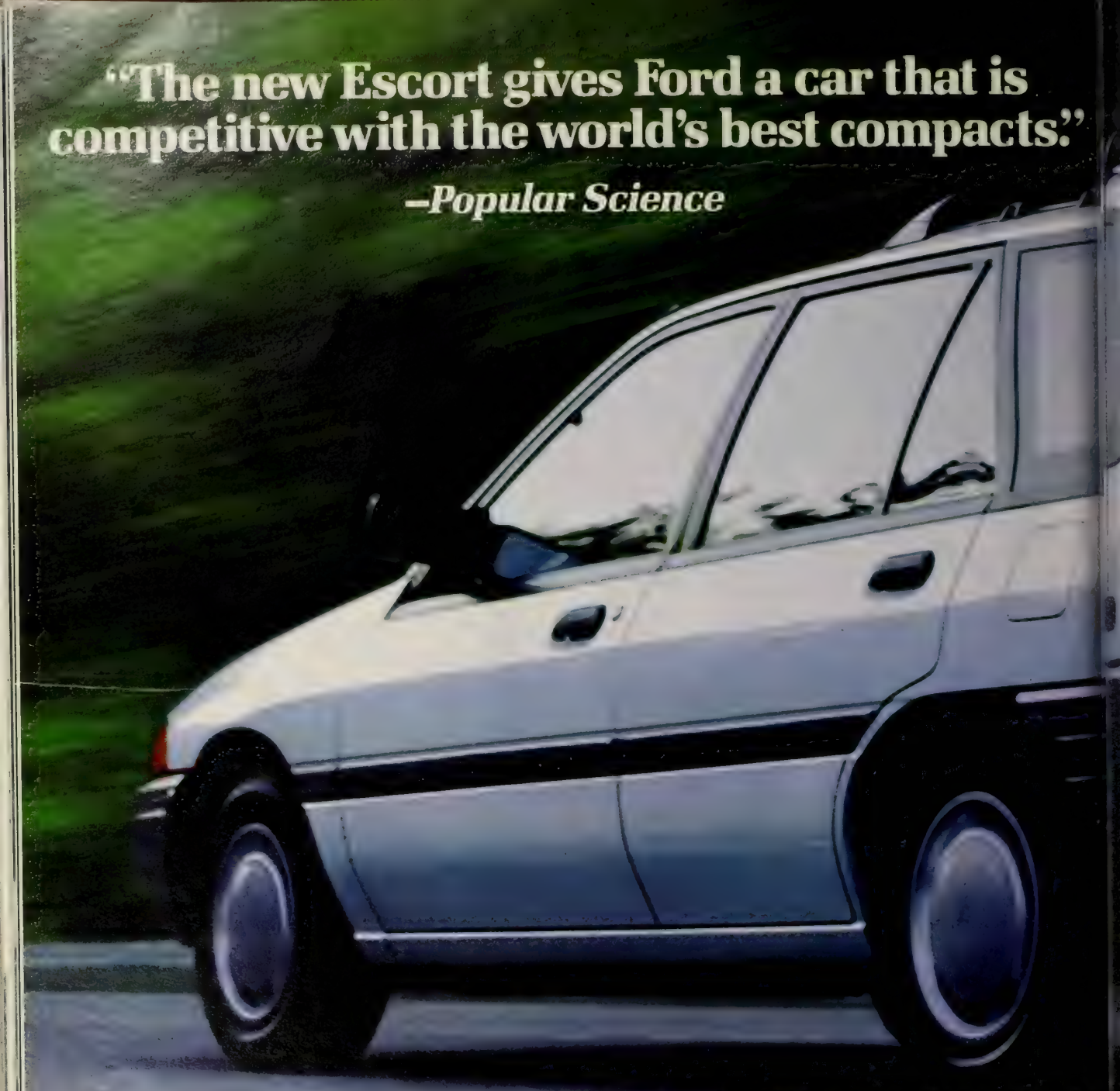
YOU'VE COME A LONG WAY, BABY.

9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method. © Philip Morris Inc. 1990

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

"The new Escort gives Ford a car that is competitive with the world's best compacts."

–Popular Science



Draw your own conclusion.

"The profile is leaner and more expressive, with a youthful attention to detail."

–Automotive Industries

First it was Taurus Wagon, the wagon that set a precedent for style. Now comes Ford Escort Wagon, the newly designed five-passenger wagon of generous proportions. It offers 66.9 cubic feet of cargo space (with the back seat folded down). And a clever 60/40 split/fold rear seat that lets you carry more than two people and still have room for extra-long cargo. Escort also offers a wider expanse of glass up front for visibility. A handsome instrument panel with analog gauges for ease of reading. And firm, comfortable seats. All neatly packaged in an aerodynamic shape that's pleasing to the eye.

The design of performance.

"The longer wheelbase does wonders for ride quality, and the entire car provides a flatter, grippier feel at all speeds."

–AutoWeek

Every aspect of the Escort Wagon has been totally redesigned. Its engine, a 1.9 liter 4-cylinder with sequential electronic fuel injection delivers a smooth performance feel. It has a new suspension and new rack-and-pinion



ering system for a satisfying over-the-road
rformance.

uality. Period.

"The Escort's fit and finish quality is excellent."
–Automobile Magazine

We dotted every "i" and crossed every "t;"
ying strict attention to every detail; building
is wagon with more rigid body panels and strength at key structural points; an isolated powertrain subframe to help reduce road noise and vibration; extra galvanized steel and extensive anti-corrosive protection; and more chip-resistant paint. Which means strength is one of Escort Wagon's many strengths.

Ford Escort Wagon. It makes a big statement. Without question.

The New Escort. Only the name remains the same.

Have you driven a Ford...lately? Ford



BABY YOUR LEGS.

Norelco® can shave your grown-up legs baby soft and silky smooth. Without nicks, pinching or irritation. Without tears. Because, with both the Norelco® Ladyshave and Ladyshave Wet/Dry razors, we've made close comfortable.

Our unique shaving system combines an ultra-thin foil to cut short hairs close, a straight trimmer for longer hairs and a rounded trimmer to go easy on your underarms. There's even an anti-pinch blade guard for added comfort.

You'll see. When you choose Norelco, you've made the choice to baby your legs. Beautifully.



Norelco®

We made close comfortable.

© 1990 Norelco Consumer Products Company. A Division of North American Philips Corporation, Stamford, CT 06904

EDITOR'S LETTER

DECEMBER 1990



ERIC LARSEN

LOTS OF SMALL EFFORTS CAN MAKE A BIG DIFFERENCE

Dear Readers,

To my great delight, they just keep coming—grandchildren, that is. Pictured with me above is Number 7, Adam Larsen, son of our daughter Sarah and son-in-law Chris, and little brother of Alex, whose shining face has graced this column often. Adam is more stoic than his mercurial big brother, and seemingly wise beyond his months. However, Grampie can usually coax a smile out of him, and sometimes an actual giggle.

As inevitable as the arrival of these new babies is my yearly plea in this holiday season for your support for The Better Homes™ Foundation to help homeless families. It's easy for me to see the connection here.

As I think about Adam's future and the happiness and success that I hope and expect will come his way, I also have to think about babies just like him born into less fortunate families. I see them in shelters I visit. The same big eyes, the same trusting smiles. But I know the innocence won't last. These babies will spend their formative years dealing with stress and insecurity difficult for us comfortable middle-class folks even to imagine.

The Better Homes™ Foundation is making a difference for lots of these homeless kids and their families. So far, we've established 50 programs throughout the country. I'm thrilled with what Foundation President Dr. Ellen Bassuk and her small but dedicated staff have been able to accomplish in such a short time.

I'm also occasionally discouraged when I face up to the size of the problem. At those times I remind myself of this story: a man, walking along a beach, notices that a freak tide has washed ashore thousands of small starfish and left them to die. He also sees a young boy picking up the starfish one by one and tossing them back into the ocean.

When the man comes up to the boy, he says, "There are so many starfish washed up here, what difference can the few you throw back make?" The little boy holds up the starfish in his hand and says, "It's sure going to make a lot of difference to this one!" The man is so impressed by this bit of pragmatic wisdom that he spends the rest of the afternoon helping the boy throw starfish back into the ocean.

The lesson is clear: You do what you can when you can, and you stick with it to do the best you can. That's what we're doing at The Better Homes™ Foundation. And I hope you'll stick with us, too, in our efforts to help homeless families. Please send what you can along with the coupon you'll find at the end of Margie Daly's wonderful article about how our Foundation is succeeding in helping these desperate families. *See page* 17.

Remember, lots of little differences add up to a big difference if we all work together.

David Jordan

David Jordan, Editor in Chief

Statement of Ownership, Management and Circulation (*Required by 39 U.S.C. 3685*). 1A. Title of Publication: Better Homes and Gardens. 1B. Publication No. 481930. 2. Date of Filing: September 28, 1990. 3. Frequency of Issue: Monthly. 3A. No. of Issues Published Annually: 12. 3B. Annual Subscription Price: $16.00. 4. Complete Mailing Address of Known Office of Publication: 1716 Locust Street, Des Moines, Polk County, IA 50336. 5. Complete Mailing Address of the Headquarters of General Business Offices of the Publisher: 1716 Locust Street, Des Moines, Polk County, IA 50336. 6. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Jerry Kaplan, 750 Third Avenue, New York, NY 10017; Editor: David Jordan, 1716 Locust Street, Des Moines, IA 50336; Managing Editor: Lamont Olson, 1716 Locust Street, Des Moines, IA 50336. 7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336. The Names and Addresses of Stockholders Owning or Holding 1 Percent or More of the Total Amount of Stock: The Bank of New York, 90 Washington Street, New York, NY 10015; Bankers Trust, 16 Wall Street, Proxy Dept., Level D, New York, NY 10005; Boston Safe Deposit & Trust Co., Securities Operation Dept., One Boston Pl., Boston, MA 02108; Brown Bros. Harriman & Co., 63 Wall Street, New York, NY 10005; The Chase Manhattan Bank, Proxy Dept., 20 Pine Street, New York, NY 10081; Citibank & Co., Proxy Dept., 111 Wall Street, New York, NY 10043; INVESCO Capital Management, Inc., 1315 Peachtree St., N.E., Suite 300, Atlanta, GA 30309; Manufacturers Hanover Trust Co., P.O. Box 1765, Church Street Station, New York, NY 10008; Mellon Bank, 3 Mellon Bank Center, Pittsburgh, PA 15259; Norwest Corporation, Norwest Center, 6th & Marquette, Minneapolis, MN 55479; Northern Trust, 50 S. LaSalle Street, Chicago, IL 60675; Reich & Tang, 100 Park Ave., New York, NY 10017; State Street Bank & Trust Co., P.O. Box 2136, Boston, MA 02106; U.S. Trust Co. of New York, 770 Broadway, 9th Floor, New York, NY 10003. The E.T. Meredith and Bohen families and family foundations own directly or beneficially, through some of the nominees listed above, approximately 33.0 percent of the issued and outstanding stock of the corporation. Each nominee holds stock for one or more stockholders. 8. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None. 9. Item 9 of PS Form 3526 not applicable. 10. Extent and Nature of Circulation—A. Total No. Copies *(Net Press Run):* Average No. Copies Each Issue During Preceding 12 Months, 8,827,614; Actual No. Copies of Single Issue Published Nearest to Filing Date, 9,125,404. B. Paid and/or Requested Circulation: 1. Sales through dealers and carriers, street vendors, and counter sales: Average No. Copies Each Issue During Preceding 12 Months, 550,584; Actual No. Copies of Single Issue Published Nearest to Filing Date, 475,000. 2. Mail Subscription *(Paid and/or requested):* Average No. Copies Each Issue During Preceding 12 Months, 7,485,549; Actual No. Copies of Single Issue Published Nearest to Filing Date, 7,579,000. C. Total Paid and/or Requested Circulation *(Sum of 10B1 and 10B2):* Average No. Copies Each Issue During Preceding 12 Months, 8,036,133; Actual No. Copies of Single Issue Published Nearest to Filing Date, 8,054,000. D. Free Distribution by Mail, Carrier, or Other Means; Samples, Complimentary, and Other Free Copies: Average No. Copies Each Issue During Preceding 12 Months, 153,148; Actual No. Copies of Single Issue Published Nearest to Filing Date, 493,958. E. Total Distribution *(Sum of C and D):* Average No. Copies Each Issue During Preceding 12 Months, 8,189,281; Actual No. Copies of Single Issue Published Nearest to Filing Date, 8,547,958. F. Copies Not Distributed: 1. Office use, left over, unaccounted, spoiled after printing: Average No. Copies Each Issue During Preceding 12 Months, 2,250; Actual No. Copies of Single Issue Published Nearest to Filing Date, 2,446. 2. Return from News Agents: Average No. Copies Each Issue During Preceding 12 Months, 636,083; Actual No. Copies of Single Issue Published Nearest to Filing Date, 575,000. G. Total *(Sum of E, F1, and 2—should equal net press run shown in A):* Average No. Copies Each Issue During Preceding 12 Months, 8,827,614; Actual No. Copies of Single Issue Published Nearest to Filing Date, 9,125,404. 11. I certify that the statements made by me above are correct and complete. *(Signed)* David Jordan, Editor

FAMILY NETWORK

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

My husband always made fun of my coupon clipping, saying the coupons weren't worth the hassle. Well, I set aside the amount of money that I saved on coupons each week, and at the end of the month I had $80. I took my husband out on an unexpected night on the town, and at the end of the night I told him where the money had come from. He was amazed, and we now do this every month.

Betty Bidwell
Del Mar, Calif.

Here's how I keep our young children quiet on long trips. First, I never sit in the front seat. Our two oldest children, both boys, sit up front with their dad, which makes them happy. I have snacks, games, reading materials, and coloring books available. If one child begins provoking another, it's easy to provide a distraction. If one of the youngsters needs attention, I give it. We have one rule: No radio or tapes, because the continual noise tends to grate on the nerves.

Claudia Wayman
Plymouth, Ind.

Because of arthritis, I had gotten to the point where I dreaded doing my lingerie by hand. Still, I knew a washing machine would ruin my delicate things. One day I hit upon the idea of spin-drying my lingerie in a salad spinner. It works just like the spin cycle in a washing machine.

Mary E. Kennett
Largo, Fla.

After the birth of my first child, I wanted to get back in shape as quickly as possible, but couldn't afford a high-cost health club membership, or a sitter. A community health center came up with a wonderful idea—a new-moms' aerobics class. We all take our babies to class, and they play as we exercise. Not only have I lost my additional pregnancy pounds, but I now have a network of mothers to call on for support and friendship.

Donna M. Welborn
Austin, Tex.

When I mentioned that my son was about to have oral surgery for the removal of his impacted wisdom teeth, a friend suggested that we use packages of frozen peas as ice packs. We did, and they were great. They fit against all the surfaces of the face and refreeze quickly. They're effective, and a lot less expensive than most of the commercial ice packages.

Judi Brauns
San Jose, Calif.

Here's how I avoid a lot of morning hassles with my young daughter. Instead of asking her questions, I give her choices. For instance, instead of asking, "What would you like to drink for breakfast?" which might bring a response such as "cola," I ask, "Would you rather have chocolate milk, orange juice, or plain milk?" She can assert her independence, and, at the same time, I'm happy with whatever choice she makes. I also ask her such things as, "Would you rather clean the living room or your room?"

Phyllis McKenzie
North Little Rock, Ark.

Give the gift of good health this holiday season...NordicTrack.

Give the gift that will last a lifetime.

Good health. There's no question about it. To enjoy life to the fullest, you need to keep your body, mind and spirit strong. And the best way to do that, is by establishing a regular fitness program.

That's why the most meaningful gift you can give this year is the gift of a NordicTrack. It's the perfect gift for yourself or your loved ones. NordicTrack enables all of you to feel, look and be the best you can be.



NordicTrack is a gift that keeps on giving.

You'll see and feel the benefits of a NordicTrack exercise machine for years to come.

Achieve better health through weight loss, reducing risk of heart disease, hypertension and osteoporosis.

Discover how NordicTrack can change your life forever.

NordicTrack workouts also reduce stress, and lead to vital health and a general youthful feeling that come from a strong heart and total-body fitness.

NordicTrack® A CML Company

Send for FREE VIDEO & Brochure!

1-800-328-5888 Ext.109L0

❑ Please send me a free brochure
❑ Also a free video tape ❑VHS ❑BETA
❑ Send me the free *NordicTrack "Fitness At Home"* catalog.

Name _____
Street _____
City _____ State ___ Zip _____
Phone ( ) _____

141C Jonathan Blvd. N., Chaska, MN 55318

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

New from Fisher-Price. Innocent care for skin and hair.

Fisher-Price has just created a brand new line of extra-gentle hair and skin care products made solely for infants and children. Since mothers have told us that "less is more" in product formulas, we've kept them as simple and innocent as possible. Each is free of unnecessary ingredients.



Fisher-Price Baby Shampoo cleans thoroughly and is as gentle to eyes as water. Our Baby Bath cleanses without irritating and is less drying than soap. The Baby Lotion moisturizes and protects skin from irritation. Our tear-free Conditioning Shampoo for older children makes wet hair easier to comb, while the 99% oil-free Gentle Conditioner detangles, making hairstyles more manageable.



At Fisher-Price, we believe in bath care products that contain nothing more than your child needs. And certainly nothing less.

Fisher-Price™

We've got a face you can trust.

SAVE 50¢

on any Fisher-Price™ Bath Care product.

Redeem at any food, drug, discount or other retail store.

Consumer: Limit one coupon per purchase. Coupons cannot be combined; good only in U.S.A. on purchase of brand/size(s) indicated. Void where regulated or if altered, reproduced, or transferred.

Retailer: Cash value: 1/20¢. Reimbursement: Face value of this coupon plus 8¢ if submitted in compliance with S. C. Johnson & Son, Inc.'s Coupon Policy dated 10/1/87. Mail to: S. C. Johnson & Son, Inc., CMS Dept. 46500, 1 Fawcett Dr., Del Rio, TX 78840. Coupon policy available from same address.

7657

5 46500 57050 1

Manufacturer Coupon | Expiration Date: 6/30/91



Recyclable packaging. Easy one-handed operation.

© 1990 Children's Toiletries Division, S.C. Johnson & Son, Inc. All rights reserved.

Better Homes and Gardens®

Editor in Chief DAVID JORDAN
Managing Editor LAMONT OLSON
Art Director BRADFORD W.S. HONG

FOOD AND NUTRITION
Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors
LISA HOLDERNESS JULIA MALLOY KRISTI FULLER
Editorial Assistants
JENNIFER BRAUSEY KAREN POLLOCK

TEST KITCHEN
Director SHARON STILWELL Food Stylist JANET HERWIG

GARDEN AND OUTDOOR LIVING
Editor DOUGLAS A. JIMERSON
Associate Editor JANE AUSTIN McKEON
Editorial Assistant JENELLE KEETON

FEATURES
Editor MARGARET DALY, Money Management, Automotive
Health and Education Editor PAUL KRANTZ
Travel and Pets Editor LOIS ANNE NAYLOR
Associate Editors
GEORGE S. BUSH JOHN B. THOMAS
Editorial Assistants JAN STIVERS JACQUE WALKER
Associate Editor MARLEA CLARK

GRAPHIC DESIGN
Associate Art Directors
PAUL ZIMMERMAN TIM ALEXANDER
Cover Designer NANCY KLUENDER
Senior Graphic Designer DAN BISHOP
Graphic Designers
KELLY BARTON
KEVIN S. LUDGATE SUSAN L. UEDELHOFEN
Design Assistant CHRISTY HAND

BUILDING AND REMODELING
Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor
WILLIAM L. NOLAN
Building and Environmental Editor
TOM JACKSON
Associate Editor
SUSAN SOUDER
Editorial Assistant MARILYN SCOTT

INTERIOR DESIGN
Editor DENISE L. CARINGER
Senior Interior Design Editor
SANDRA S. SORIA
Senior Interior Designer REBECCA JERDEE
Senior Crafts and Tabletop Editor
JILANN SEVERSON
Editorial Assistants SUSAN McBROOM SANDEE ROBERTS

COPY AND PRODUCTION
Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editor CINDY L. ALBERTS
Electronic Text Facilitator NANCY HALL
Electronic Design Facilitator MICKIE VORHES
Administrative Assistant GINGER BASSETT
Editorial Assistant DIANA PRENDERGAST

EDITORIAL MARKETING SERVICES
Director MARGARET McMAHON
Mail Order Shopping Editor ARLENE AVILES

EDITORIAL SERVICES
Manager of Editorial Services and Planning DAVID S. JOHNSON
Supervisor of Editorial Administrative Services ROSE ANDERSON
Art Business Office Manager DIANE BOYLE Photo Studio Manager DON WIPPERMAN

EDITORIAL RESEARCH
Director C. RAY DEATON Research Assistant GREGORY H. KAYKO

REGIONAL EDITORS
BARBARA CATHCART, San Francisco; JOAN DEKTAR, Los Angeles; EILEEN ALEXANDER DEYMIER, Columbia, Md.;
MARY DIDIO, Des Moines; ESTELLE BOND GURALNICK, Boston; SHARON HAVEN, San Diego;
HELEN HEITKAMP, San Francisco; CATHY HOWARD, Portland, Oreg.; NANCY INGRAM, Tulsa;
BONNIE MAHARAM, Long Island; TRISH MAHARAM, Seattle; AMY MUZZY MALIN, Dallas; ELAINE MARKOUTSAS, Chicago
MINDY PANTIEL, Denver; RUTH REITER, Atlanta; SHARON ROSS, Minneapolis; PAT SCHUDY, Kansas City, Mo.;
MARY ANNE THOMSON, St. Louis; JESSIE WALKER, Glencoe (Chicago), Ill.; BONNIE WARREN, New Orleans

BETTER HOMES AND GARDENS SALES OFFICES
New York: Associate Ad Director MATTHEW KEANE Marketing Manager PETER W. MASON
Regional Manager ROBERT C. KOWALSKI Account Executives: SUSAN EGAN, WILLIAM KIGER,
CHRIS OGAARD, DEBRA SANDERS, KAREN EVERETT, MATTHEW PETERSEN, RORI BERSE, MARIA PRUYN, CHARLIE McNIFF
Direct Response; Manager NICHOLAS L. DISTASIO Account Executive PATTI FOLLO
New Jersey: HAMILTON D. WEBSTER Minneapolis: RICK WHEELER Atlanta: Southern Manager JAMES J. SOMMERVILLE
Southeastern Manager KELTON LYONS Chicago: Midwest Manager MARK L. HAGEN
Account Executives: JAMES HUGHES, GLORIA JELLISSEN, RICHARD RYAN, LAURA MEAD
Dallas: TOM KELLEY Detroit: Mideast Manager RICHARD MONLEY Account Executives: JANET DAVY, CHRISTINE GUENTHER
San Francisco: West Coast Manager MILES DOOHER Account Executive REEN VOGEL Los Angeles: STEVEN C. BAIR

GROUP VICE PRESIDENT Editorial Director DORIS M. EBY
Creative Director, Product Development DAVID R. HAUPERT Public Relations CYNTHIA ADAMS

SENIOR VICE PRESIDENT Publishing Director, Better Homes and Gardens ADOLPH AUERBACHER
Publisher JERRY KAPLAN
Business Manager TERRY UNSWORTH Advertising Sales Director ROBERT M. BAXTER
Research Director HUGH CURLEY Director of Sales Promotion and Merchandising JOANNA DALES
Production Director ROBERT C. FURSTENAU

MAGAZINE GROUP PRESIDENT JAMES A. AUTRY
Magazine Group Vice Presidents
Publishing Directors ADOLPH AUERBACHER, BURTON H. BOERSMA, CHRISTOPHER M. LEHMAN, MYRNA BLYTH
DEAN PIETERS, Operations MAX RUNCIMAN, Finance

MEREDITH CORPORATION
CORPORATE OFFICERS: Chairman of Executive Committee E. T. MEREDITH III
Chairman of the Board ROBERT A. BURNETT
President and Chief Executive Officer JACK D. REHM
Group Presidents: JAMES A. AUTRY, Magazines
JERAMY LANIGAN, Books PHILIP A. JONES, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: LEO R. ARMATIS, Corporate Relations THOMAS G. FISHER, General Counsel and Secretary
JAMES F. STACK, Finance
Treasurer MICHAEL A. SELL Corporate Controller and Assistant Secretary LARRY D. HARTSOOK

SUBSCRIBERS: PLEASE NOTE!

BETTER HOMES AND GARDENS subscribers often express interest i products and services supplied by ou company, Meredith Corporation, an by other reputable firms.

Accordingly, we sometimes send ou subscribers offers for books, othe magazines, or home-related product and services of potential interest. W also make subscriber names an addresses available to other firms wh are able to supply appropriate product and services. We screen all such offer and take great care to see tha information about these products an services is sent only to subscribers who according to our records, are mos likely to be interested.

We believe the distribution of thi information is of benefit to ou subscribers, but we firmly respect th wishes of any subscriber who does no want to receive it. Should you wish t restrict receipt of information, simply send your request to **BETTER HOMES AND GARDENS**, P.O. Box 10263, De Moines, IA 50336; enclose a current address label. Please be specific. Tell u if you want to stop all offers from an company, including Meredith. We wil gladly honor your request.

SUBSCRIPTION PROBLEM?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to:

Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label to this coupon, or printing your name and address as it appears on your label on a piece of paper and sending it along with your correspondence.

MOVING?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

FOR FAST SERVICE...

...it is better to write us concerning your problem and attach your magazine label to this coupon, or print your name and address as it appears on your label on a piece of paper and send it along with your correspondence. Should you need to reach us quickly the following toll-free number is available:

1-800-678-2666

Better Homes and Gardens®
P.O. Box 4536 ● Des Moines, Iowa 50336

Don't forget to include your old label!


PORTRAITS of PLEASURE™
KENT
gives you a Light with pleasure.
KENT
KENT
Golden Lights
KENT
III
Ultra Lights
Light. Lighter. Lightest.
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
nt: 12 mg. "tar," .9 mg. nicotine; Kent Golden Lights: 8 mg. "tar," .7 mg. nicotine; Kent III: 3 mg. "tar," .3 mg. nicotine av. per cigarette by FTC Method

Service was exceedingly slow at supper, and Hector was quite vocal in his displeasure.



The best-tasting Dog Chow ever. Dogs don't know it has real meat and bone meal. Or whole grains. Or 43 nutrients. They only know how good it tastes. Purina® Dog Chow® brand dog food. It's so complete...

Purina
Helping pets live longer, healthier lives.
© 1990, Ralston Purina Company

All You Add Is ❤

HELPING HOMELESS FAMILIES

YOUR CONTRIBUTIONS AT WORK



WHAT WE ARE DOING TO MAKE A DIFFERENCE

"I am finding there is another way to live," says Linda P., who currently lives with her three children at the Clark Street House of Mercy in Des Moines, Iowa. "By going through all this work on myself, I'll give my kids an easier way to go than I had."

A victim of an abusive marriage, Linda is participating in Project Together, a program to keep homeless families intact as mothers undergo and complete treatment for chemical dependency.

A loving atmosphere, intense counseling, strict rules, good child care, and access to education and job training create a comprehensive program for 25 families at Clark Street. Operated by the Sisters of Mercy, the 47-room facility also serves others in need.

Keeping families together. Sister Mary Brigid Condon created Project Together because there was no place for women with families to go after completing treatment for substance abuse. "There was nothing in Iowa or even the surrounding states for these families," she says. "Yet there are so many of them, and it is critical to keep families together. These children can heal if you work diligently with them.

"Most of the mothers come from tragic backgrounds—a lot of physical and sexual abuse," she explains. "Many left home in their early teens to escape, then ended up on the streets. But they become highly motivated. They want to get off welfare and find jobs and a better life for their kids. Our program is designed to help them accomplish that goal."



The real victims of homelessness.

"These children can heal if you work diligently with them."

—Sister Mary Brigid Condon, Clark Street House of Mercy

Local employers are impressed with women from Project Together. Julie G., for example, recently became a directory assistance operator at U.S. West. "Julie really applies herself," reports her manager. "I love it," says Julie, who plans to move into independent housing and study computer programming next spring. "All my life I have been a waitress or worked in a factory. Now I can aim for something higher than I ever expected." Project Together has made the difference: "I get a lot of support from other women here. The staff helps me set goals and make the right moves. There is no way that I am going to mess up and lose my kids."

A Better Homes™ Foundation grant. Project Together recently received a grant from The Better Homes™ Foundation, the nonprofit organization founded two years ago by the editors of Better Homes and Gardens®. The magazine's owner, Meredith Corporation, and The Gannett Foundation also gave grants to Project Together.

Most Better Homes™ Foundation funds have been donated by readers, businesses, and organizations responding to articles in the magazine.

continued on page 18

BY MARGARET DALY; PHOTOGRAPHS BY GEORGE CEOLLA

HOMELESS FAMILIES

continued from page 17

By late 1990, the foundation had given grants to more than 50 local organizations serving homeless families throughout the U.S. "Children can be so damaged by homelessness," says foundation President Ellen L. Bassuk, M.D. "Also, many families need supports beyond the immediate crisis. Our grants are targeted to serve such needs."

Self-sufficiency. Phoenix House, run by Lutheran Social Services of Minnesota, is another grant recipient that provides long-term support systems. "Most women here have had some kind of housing crisis, often domestic abuse or eviction," says case manager Julie Kampmeyer. "But they are really trying. I help them set goals and link them to services like affordable child care—hard to find, yet you can't hold a job or get job training without it. Affordable housing also is scarce."





Betty N., who once was suicidal, now works as a medical secretary in Minneapolis, and Josiah thrives in day care. The Phoenix House transitional-housing program for homeless families helped Betty turn her life around.

Betty N. (*right*) is preparing to leave the program and get out on her own. Once suicidal, she now is a medical secretary and wants to train as a chemical dependency counselor. "I want to shake those kids," she says. "They don't realize they can destroy themselves."

Helping each other. "Being homeless can be overwhelming. So can readjusting to the community," says Theater M., at the Henry Street Settlement in New York City. One of several formerly homeless counselors, Theater follows up on families when they move into permanent housing. "Often the only available housing is in a completely strange neighborhood," she explains. "Some people are scared to even go out the door. We help them establish links to services and people within the community, and we're always a friendly ear. After all, we've been there."

Regular meetings at Henry Street help families keep in touch. "Every group meeting here ends with hugs and kisses," says Theater. "That's what makes it all work."

How you can help. Use the following coupon, and make the holidays special by ordering the ornament *below*.

The Better Homes™ FOUNDATION
HELP FOR HOMELESS FAMILIES

☐ **Yes,** I want to help families overcome the crushing burden of homelessness. Enclosed is my gift to The Better Homes™ Foundation for:
☐ $15 ☐ $25 ☐ $50 ☐ $75 ☐ $100 $_____ Other

☐ **Make** my donation of $50 or more in the name of the person below, and send the special holiday ornament and card to that address:

NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____
(Use extra sheet for additional names.)

Please make your check payable to The Better Homes™ Foundation and mail it to:

The Better Homes™ Foundation
P.O. BOX 9236
Des Moines, IA 50306-9236

☐ For my donation of $50 or more, send the ornament to my address:
NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____
Your donations are tax-deductible.

Order an ornament by calling our toll-free line: **1-800/962-4676.** Or, check the appropriate box:
☐ Enclosed is my check ☐ Please charge my donation to: ☐ Visa ☐ MasterCard
Credit Card Number _____ Expiration Date (month/year) _____ DE0



A SPECIAL GIFT IDEA

Make a donation of $50 or more to The Better Homes™ Foundation, and we'll send this 1990 collector's ornament to you or as a gift in your name (see coupon, *left*). The gold-plated brass ornament, second in a series, was designed especially for us by Hawaiian-born artist Elizabeth Root. To order the ornament alone ($15), see *page 22;* all proceeds go to help homeless families.

luriosity runs in your family.



You're always searching for the new and unexpected. And Explorer from Ford is just what you had in mind.



*4-door Explorer offers more interior space than any vehicle in its class. The engine's a big 4.0L EFI V-6. With an Explorer 4x4, you can shift from 2WD to 4WD High and back, on the fly, at the touch of a button. A long list of amenities lets you express your individual style. Curious? A test drive will show you why Explorer is today's best-selling compact utility.**

**Based on Manufacturers' Reported Retail Deliveries, May 1, 1990 to date.*



uckle up — together we can save lives.

four Explorer is ready.

Ford

Have you driven a Ford... lately?



LET IT GLOW,
LET IT GLOW,
LET IT GLOW.



NO BUILD-UP, TOUCHABLE SHINE.

HAPPY HOLIDAYS FROM PLEDGE.

PLEDGE® HOLIDAY TIPS

At Pledge, we know you want your home looking its very best during the holidays. So for over 30 years, Pledge has been there to help. This year, we introduce new Country Garden Pledge, with a pleasant potpourri scent that's perfect for the holidays.



So before your guests arrive and the celebrating begins, we thought we'd offer the following tips to make your holiday preparations a shining success.

Removing dust a must.

To avoid damage to your furniture, avoid removing dust by dry dusting. It's dry dusting that grinds dust particles into your wood surfaces, causing scratches. But a cloth premoistened with Pledge cushions the cloth, allowing dust to be safely lifted and held. Thus, dust particles don't damage furniture, and also are not released back into the air to settle elsewhere.

Clean with care.

Typical holiday activities such as cooking, heating, and smoking can cause accumulations of dull, dingy film on your wood surfaces. Touching furniture can then leave smudges and smears. But furniture polished with Pledge resists these problems, because touchable-shine Pledge actually makes smears just disappear. In addition, Pledge doesn't leave behind a sticky, oily build-up that attracts and holds dirt, so Pledge keeps furniture beautiful longer.

Party protection.

Pledge on your wood provides a temporary barrier that protects it from common problems such as spills and glass rings. Alcohol and cologne should be blotted immediately (never rub) to prevent removal of finish. Candle wax should be allowed to harden, then pushed loose. If any waxy residue remains, remove with Pledge.

"On formica, on plastic, on brass."

Don't think of Pledge as only a wood polish. It also contains mild cleaners that clean other surfaces as well. Formica and plastic are left with a protective shine. You can even use Pledge to bring out the beauty of brass and other metal surfaces.

As you will see, Pledge can be of invaluable help throughout the holidays. It's just our way of wishing you a glowing holiday season...from your friends at Pledge.

Pledge Holiday Book Offer

Polish with Pledge and we'll send you the Better Homes and Gardens® NEW COOK BOOK (soft cover)—at a savings of $5.00!



New Cook Book

Especially for cooks of the '90s. Pros or beginners alike will find everything they need for exceptional holiday servings. With special emphasis on nutrition! Only $7.95.

ORDER FORM

Pledge Holiday Book Offer

To order your cook book:

1. Purchase Pledge (any size, any scent). Circle the purchase price on your original, dated cash register receipt. Receipt must be dated between **October 15, 1990** and **June 30, 1991**.

2. Write the UPC number from item purchased next to the corresponding circled price.

3. Make your check or money order (no cash, please) for $7.95 (includes $1.00 postage and handling) payable to: **Pledge Holiday Book Offer**.

4. Please print your complete name and address (including zip code) on the order form below. Then mail the completed order form, correct proof of purchase, and check or money order to:

Pledge Holiday Book Offer
P.O. Box 9619
Clinton, Iowa 52736

NAME _____
(please print)

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

Offer expires **June 30, 1991** (or when supplies are exhausted) and is good only in the U.S.A., or its territories. Void where taxed, restricted, or prohibited by law. Allow 6-8 weeks for delivery. Offer limited to one per name or address.

© 1990 S.C. Johnson & Son, Inc. All rights reserved.

HOME STYLE

Best Bets for Better Homes®

'TIS THE SEASON

Have a fa-la-la time decking your halls with our collection of Christmas trims. From folksy Santas to Victorian trees, there's sure to be something to please even the pickiest on your gift list, too.

BY JILANN SEVERSON



HELP THE HOMELESS

Be a Santa's helper this year. Help us help our nation's homeless by purchasing a golden Better Homes™ Foundation ornament. All profits from the sale of these ornaments go to the Better Homes™ Foundation to help homeless families. Under IRS guidelines, the full purchase price is a deductible contribution.

To order by mail, send check or money order for $15 per ornament to: Better Homes and Gardens®, *Dept. 25K, Box 374, Des Moines, IA 50336. To order with MasterCard, Visa, or American Express cards, call 800/678-2672. Specify Product No. 29124. We must receive your order by Dec. 7, 1990, to ensure delivery by Christmas.*

THE LIGHTS FANTASTIC

Add sparkle and light with no cords in sight! Two strands of mini lights with 12 bulbs each run off D-cell batteries. Wreaths, garlands, and centerpieces glitter like magic without extension cords or outlets. Suggested retail: $8.98.

To order Mini Lights No. 848447, contact Lillian Vernon Corp., Virginia Beach, VA 23479-0002; 914/633-6300.

THREE TREES

Lend romantic charm to any gift, centerpiece, or mantel with The Gifted Line's intricately detailed Victorian Christmas Tree gift boxes in three sizes (6, 9, and 13 inches tall).

To order a set of three Christmas Tree boxes, send check or money order for $19.95 to Better Homes and Gardens® *Reader Service, Department 22M, Box 374, Des Moines, IA 50336. Specify Product No. 29200.*

FASHION PLATES



Want to liven up the

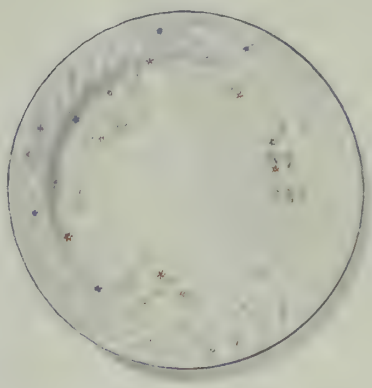
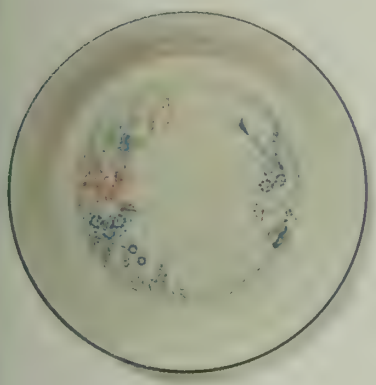


table talk? Bring on

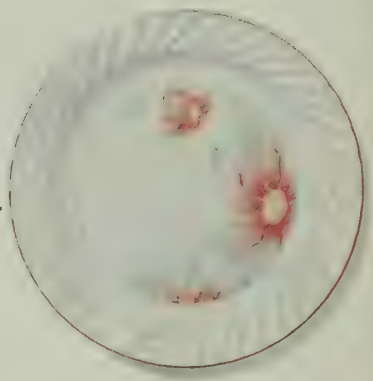




ne



CORELLE. So colorful. Durable.





Exciting. Table fashions like

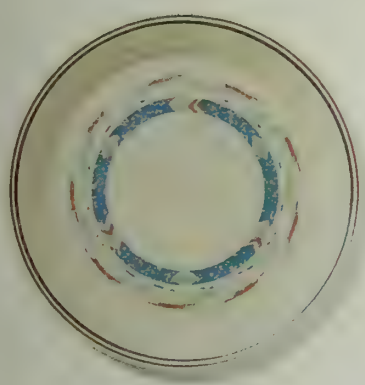


these don't go unnoticed.

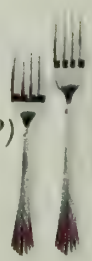




Did



someone say "wow"?)



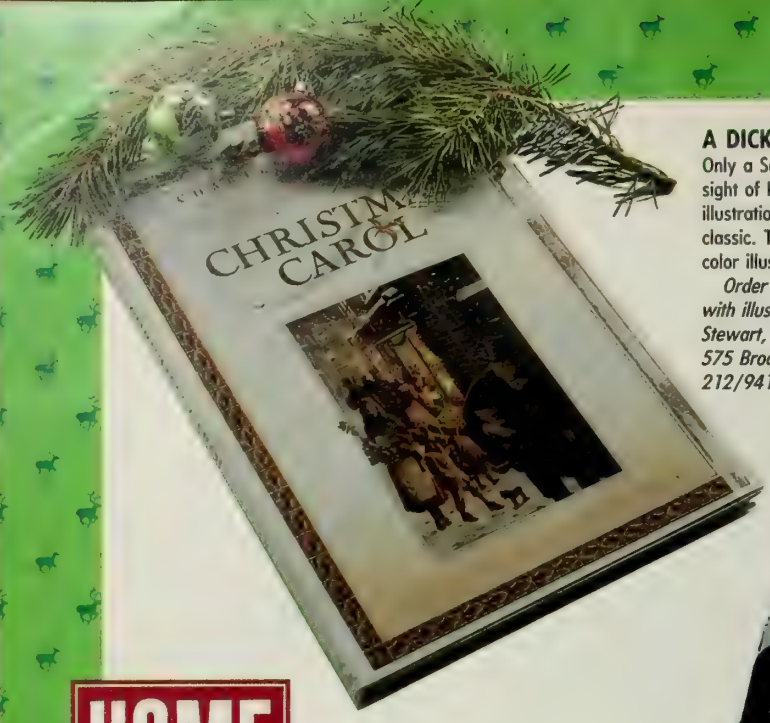
CORELLE



Today's CORELLE.® The look you love to live with.

le is a registered trademark of Corning, Incorporated. Corning, NY 14831 © Corning, Inc., 1990

HOME STYLE



A DICKENS OF A BOOK

Only a Scrooge won't be filled with awe at the sight of Roberto Innocenti's intricate watercolor illustrations of Charles Dickens's Christmas classic. The 152-page book contains 24 full-color illustrations. Suggested retail: $25.

Order A Christmas Carol *by Charles Dickens with illustrations by Roberto Innocenti, from Stewart, Tabori, & Chang, Inc., Publishers, 575 Broadway, New York, NY 10012; 212/941-2988.*



SOCK IT TO 'EM

A patchwork stocking echoes the patterns of Granny's quilts with pine tree and heart motifs in a medley of red, green, and white. Suggested retail: $12.50.

Available at Hallmark stores nationwide.



THE ELF HIMSELF

A shiny golden star twinkles above this 8-inch-tall folk-art Santa. His rosy-red cheeks bring warmth and cheer to both contemporary and country decor. Suggested retail: $12.50.

"Star-Struck Santa," Ballard Designs, Order Dept., 1670 DeFoor Ave., NW, Atlanta, GA 30318-7528; 404/351-5099.



IT'S SO DEER

A deer cut from cypress, a tree-shaped ornament, pinecones, greens, and a "Smell of the Tree" potpourri and oil tuck into a handmade basket for a holiday gift set sure to "spruce" up anyone's home. Suggested retail: $40.

"Wildwood Basket" from the Deer Collection, Aromatique, P.O. Box 272, Heber Springs, AR 72543-0272; 800/262-7511.

THE SEARS SURE-FIRE, CAN'T MISS, NO DOUBT ABOUT IT, THEY'RE GONNA LOVE IT AT&T GIFT GUIDE

109.99

AT&T Cordless Telephone 5200

- Sound Quality Of AT&T Corded Phones
- Clarity Plus™ Sound Virtually Eliminates Static
- 7 Channels Selectable From Handset
- Use Up To 7 Days Without Recharging Battery
- Digital Security System Prevents Unauthorized Access

Good Through December 24th



$79.99

AT&T Cordless Telephone 4300

- 2 Channels Selectable From Handset
- Phone Allows You To Signal The Handset From The Base
- Digital Security System Prevents Unauthorized Access
- Use Up To 3 Days Without Recharging Battery
- Handset Locator Feature Helps You Find The Handset When It's Away From The Base



Exclusive!



$139.99

AT&T Cordless Telephone 5400

- Sound Quality Of AT&T Corded Phones
- Clarity Plus™ Sound Virtually Eliminates Static
- Preselects Clearest Of 10 Channels
- Remembers 9 Phone Numbers
- Use Up To 7 Days Without Recharging Battery



$99.99

AT&T Cordless Telephone 4600

- Phone Acts As Both Pager And Intercom
- Remembers 9 Phone Numbers
- 2 Channels Selectable From Handset
- Digital Security System Prevents Unauthorized Access
- Use Up To 3 Days Without Recharging Battery



$159.99

AT&T Cordless Telephone 5450

- Sound Quality Of AT&T Corded Phones
- Clarity Plus™ Sound Virtually Eliminates Static
- Preselects Clearest Of 10 Channels
- Phone Acts As Both Pager And Intercom
- Remembers 9 Phone Numbers
- Use Up To 7 Days Without Recharging Battery

Good Through December 24th

AT&T

SEARS Brand Central

Your Christmas Store with a whole lot more

LIGHT UP THEIR EYES THIS CHRISTMAS WITH AN AT&T GIFT.



$69.99

AT&T Remote Answering System 1304

- **Retrieve Messages From Touch Tone Phones Without A Beeper**
- **Plays Your Messages At The Touch Of One Button**
- **Outgoing Announcement Stops When You Pick Up Any Phone On The Same Line, Allowing You To Take The Call**
- Blinking Message Light Lets You Know How Many Messages You Have
- Records Memos For You Or Others To Retrieve Later

24743



$89.99

AT&T Remote Answering System 1321

- **Retrieve Messages From Touch Tone Phones Without A Beeper**
- **Plays Your Messages At The Touch Of One Button**
- **Displays Number Of Messages Received**
- Dual Cassette System Allows Callers To Leave Messages Immediately, Without Having To Wait For The Tape To Advance
- Records Memos For You Or Others To Retrieve Later Using A Special Code

Good Through December 29th

24747

$99.99

AT&T Remote Answering System 1323

- **Retrieve Messages From Rotary Or Touch Tone Phones Without A Beeper**
- **Announces The Time And Day Of Each Message**
- **Displays Number Of Messages Received**
- Stores 2 Outgoing Announcements That Can Be Changed Quickly And Easily
- Voice Assistance Helps You Through Remote Commands
- Dual Cassette System Allows Callers To Leave Messages Immediately, Without Having To Wait For The Tape To Rewind

Good Through December 24th



NEW



24751

$89.99

AT&T Remote Answering System Telephone 1504

- **Retrieve Messages From Touch Tone Phones Without A Beeper**
- **Plays Your Messages At The Touch Of One Button**
- **Records 2-Way Telephone Conversations**
- Blinking Message Light Lets You Know How Many Messages You Have
- Records Memos For You Or Others To Retrieve Later

Good Through December 29th

AT&T

$119.99

AT&T Remote Answering System Telephone 1521

- Retrieve Messages From Touch Tone Phones Without A Beeper
- Dual Cassette System Allows Callers To Leave Messages Immediately, Without Having To Wait For The Tape To Advance
- Plays Your Messages At The Touch Of One Button
- Records 2-Way Telephone Conversations
- Displays Number Of Messages Received

Good Through December 24th



NEW



24785

$149.99

AT&T Remote Answering System Telephone 1523

- Retrieve Messages From Rotary Or Touch Tone Phones Without A Beeper
- Announces The Time And Day Of Each Message
- Displays Number Of Messages Received
- Stores 2 Outgoing Announcements That Can Be Changed Quickly And Easily
- Voice Assistance Helps You Through Remote Commands



$39.99

&T Personal Portable pewriter 6210

- rts You To Possible Spelling Errors You Type
- rrects Errors Quickly And Automatically
- eOff™ Key Erases Phrases, Lines Or ragraphs Quickly And Cleanly
- ses An Entire Word With One Keystroke
- tomatically Centers A Word Or A Line tween Margins

l Through December 24th

$698.99

AT&T Word Processor 7700

- Full WP Capability Includes Block, Move, Copy, Delete And Global Search
- 3½" Double Sided, Double Density Disk Stores Up To 300 Pages
- Tutorial Files Make Learning Features Quick And Easy
- Help Key Instantly Displays Information Any Time You Request It
- Displays 19 Lines On An Easy-To-Read, White On Black Screen
- Merges Texts, Inserts Variable Data, Creates And Fills In Forms



SEARS Brand Central

Your Christmas Store with a whole lot more

THE SEARS SURE-FIRE, CAN'T MISS, NO DOUBT ABOUT IT, THEY'RE GONNA LOVE IT AT&T GIFT GUIDE

$29.99
AT&T Trimline® Telephone 210
- Lighted Dial For Easy Dialing Under All Lighting Conditions
- Loudness Of Incoming Voice Can Be Adjusted
- Redials Last Number Dialed
- Ringer Adjusts From Loud To Off
- Mute Button Keeps A Caller From Hearing You Temporarily
- Available In Ivory Only



$39.99
AT&T Trimline® Memory Telephone 230
- Remembers 12 Phone Numbers
- Lighted Dial For Easy Dialing Under All Lighting Conditions
- Loudness Of Incoming Voice Can Be Adjusted
- Redials Last Number Dialed
- Flash Feature Makes Access To Special Telephone Services Easy
- Available in Ivory, White, Gray Blue And Light Gray (All colors may not be available in every store)





NEW



$49.99
AT&T Memory Telephone 710
- Remembers 16 Phone Numbers
- Hold Feature Automatically Releases When You Pick Up An Extension Phone
- Loudness Of Incoming Voice Can Be Adjusted
- Redials Last Number Dialed
- Flash Feature Makes Access To Special Telephone Services Easy





$49.99
AT&T Big Button Telephone
- Extra Large Dial Buttons Are Easy To See And Use
- Redials Last Number Dialed
- Ringer Adjusts From Loud To Off
- Works With Touch Tone And Rotary (Dial Pulse) Service
- Designed For Use As A Table Or Wall Phone

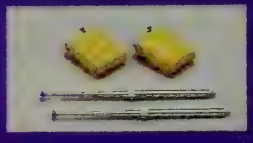
Good Through December 24th

NEW



$79.99
AT&T Two-Line Telephone 712
- Provides Access To 2 Separate Phone Numbers
- Remembers 16 Phone Numbers
- Hold Keeps One Caller On The Line While You Answer Another Call
- Loudness Of Incoming Voice Can Be Adjusted
- Redials Last Number Dialed
- Speak To 2 Separate Callers Simultaneously With 3-Party Conferencing

$99.99
AT&T Speaker
- Improved Hand
- Remembers 30
- Displays Time, Date And Duration Of Call
- Indicates When The Li
- Handset And Speaker Can Be Adjusted For



AT&T Cordless Batteries and Antenna

Note:
Operating range of cordless phones may vary depending on environmental conditions.

Prices and dates apply only to the Continental United States.

Merchandise available only in Sears larger retail stores.

All AT&T products shown are FCC registered.

AT&T

SEARS Brand Central®

Your Christmas Store with a whole lot more

Continued from page 24

HOME STYLE

VICTORIAN SANTA

Exquisite images and detailed cutting shape a 17-inch-long Santa and reindeer mantel piece from The Gifted Line. Whether it holds the season's greeting cards, a special gift, or just a few scentful greens, it'll grace your home year after year.

To order the Reindeer Mantel Piece, send check or money order for $17.95 to Better Homes and Gardens® *Reader Service, Department 22M, Box 374, Des Moines, IA 50336. Specify Product No. 29130.*



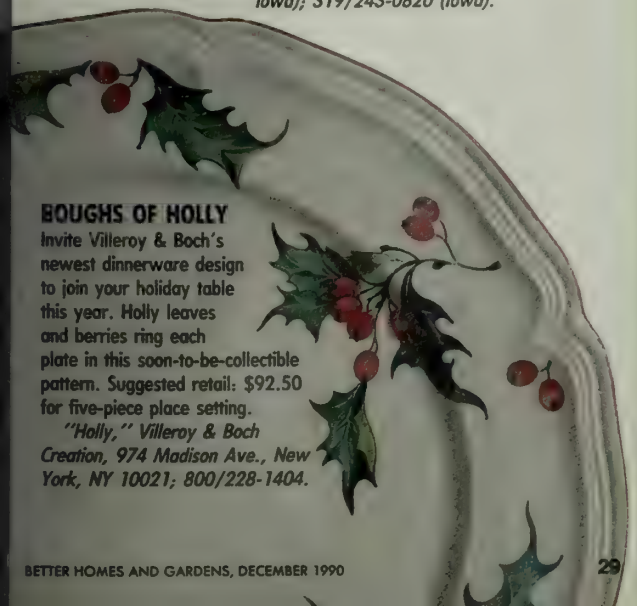


PHOTOGRAPHS: PERRY STRUSE

INCREDIBLE EDIBLES

Trimming the tree has never been so easy—or so delicious. Foil-wrapped milk chocolate ornaments from Cailler (Ki-yay) come packed like real tree trimmers and hang from gold cords. Suggested retail: $10 for box of 12.

Cailler Christmas Ornaments, The Chocolate Collection, P.O. Box 310—05716, Camanche, IA 52730; 800/654-0095 (except Iowa); 319/243-0820 (Iowa).



BOUGHS OF HOLLY

Invite Villeroy & Boch's newest dinnerware design to join your holiday table this year. Holly leaves and berries ring each plate in this soon-to-be-collectible pattern. Suggested retail: $92.50 for five-piece place setting.

"Holly," Villeroy & Boch Creation, 974 Madison Ave., New York, NY 10021; 800/228-1404.

YOU WON'T BELIEVE HOW MUCH YOU CAN PUT IN THIS PACKAGE.



8 SUITS, 4 COATS, 15 SLACKS, 25 SHIRTS, 13 SWEATERS, 8 DRESSES, 14 PAIRS OF SHOES, 2 BEACH BAGS AND 1 BOOM BOX.

Hold everything! Now you can double your closet space with the new Stanley Closet Organizer.

The sturdy Steel Plank™ shelves won't warp or sag. They provide ventilation without creasing your clothes. One-piece closet rods let your hangers slide freely. And there are no sharp edges to snag your clothing. You get all this Stanley-built quality without paying a custom-built price.

Get more out of your closet with a Stanley Steel Plank™ Closet Organizer. For free literature and name of your nearest retailer, contact Stanley Hardware, 195 Lake St., New Britain, CT 06050 or call 1-800-545-3443.

STANLEY®
helps you do things right.

Quality is Job 1

"Quality means I can go home and feel good about what I've done."

John Jordan, Welder, Ford Employee for 21 years.



Profile in Quality #28: Commitment

John Jordan realizes that precise spot welds are essential when building a quality car. John is one of over 366,000 Ford people worldwide who are committed to making quality Job 1.

Our goal is to build the highest quality cars and trucks in the world.

Ford

Ford, Mercury, Lincoln, Ford Trucks.

Ford Motor Company

Buckle up — together we can save lives.

AIR BAGS IN YOUR CAR
What you should know about these lifesaving devices


CHRYSLER CORPORATION

Millions of cars will have air bags by 1991.

Federal law now requires auto manufacturers to equip their U.S. passenger cars with passive restraints—either air bags or automatic seat belts—at least for the driver. By model year 1994, those systems must protect both the passenger and the driver.

Chrysler already has installed driver-side air bags in all passenger cars. Ford plans to have them in 1 million of its 1991 cars, and GM is aiming at 1.3 million. Many imports, especially the higher priced ones, offer air bags as standard equipment or as options.

How do air bags work? An air bag is an inflatable device concealed in the steering wheel or dashboard of a car. In a serious front-end accident, equal to hitting a brick wall at about 12 miles per hour, a crash sensor activates the bag. In less than the blink of an eye, the bag inflates after impact, supplementing the support of seat and shoulder belts by becoming a protective cushion between the person and the steering wheel, dashboard, and windshield.

Do air bags provide complete protection? No. All manufacturers emphasize that seat belts also must be worn for complete effectiveness. "Keep in mind that air bags are only supplemental systems," says Thomas J. Carr, of the Motor Vehicle Manufacturers Association (MVMA). "Air bags also don't deploy in accidents involving side or rear collisions or rollovers. And in multiple-impact accidents, after a vehicle collides with one obstacle, the bag completely loses effectiveness when the vehicle hits anything else."

Can't the bags pop open when they shouldn't? No such incidents have been reported, according to Claude Gianino, of TRW Occupant Restraint Systems. "Sensors assure that accidental deployments don't happen even in minor fender-benders."

What about abrasions and burns? They have been very rare—and inconsequential, compared to the prevention of possible serious injuries, according to Chuck Hurley, of the Insurance Institute of Highway Safety (IIHS).

Can the noise damage your hearing? "Although air bags are loud when they explode," says MVMA's Carr, "many drivers say they didn't hear the bags over the sound of the crash."

Don't air bags block your vision? Not so, reports Dan Zaenglein, of Allstate Insurance, who walked away with only minor cuts and bruises when he totaled his car. "I also felt no pain, even after hitting a concrete wall," he said.

Could they pin you in your car? That's not possible, according to Hurley, of the IIHS. The bags deflate as quickly as they inflate.

What about price? Additional costs range from $600 to $1,500, depending on the kind of system. Domestic cars average between $600 and $800; foreign models, usually more. Volume should drop costs to about $300 by the 1994 model year.

Will you save on insurance? Many insurers offer savings averaging 20 to 30 percent on personal-injury protection or medical coverages. A few discount up to 50 or 60 percent for cars with passenger-side bags as well.

What about reinstalling air bags after they deploy? The cost is "borne by insurance companies just as with any other type of vehicle repair," says Hurley. There is no legal requirement that an air bag be replaced, but consumers are urged to do so for renewed protection.

How should you use child safety seats? The National Highway Traffic Safety Administration (NHTSA) says that forward-facing seats are safer in the rear than in the front, even with a passenger-side air bag. Two cautions: 1. Always secure child safety seats by the car's seat belt, air bag or not. 2. Do not use a rear-facing, right-front safety seat when there is a passenger-side bag.

What about servicing? The systems are designed to warn the driver when they need servicing. Always service the bags at a reputable dealer or service station.

Can you get them on vans and pickup trucks? NHTSA is reviewing a proposal to expand federal rules to include all light-duty trucks and multipurpose passenger vehicles by 1996. Chrysler recently reported that it plans to equip its minivans with driver's-side air bags voluntarily by the end of 1991 or soon thereafter.

The New Decorator Tin Collection









General Foods® International Coffees presents this year's collection of decorator tins. Four authentic scenes of Italy, France,



Austria and Switzerland you'll want to keep forever. And best of all, each tin is filled with the flavor that inspired it.

General Foods® International Coffees

© 1990 General Foods Corporation



Four-year-old Adrienne is all giggles and smiles when she finds a tiny treasure that Santa left under the tree. She's seated on a chair which was painted by her mom, Gig Schussler, to echo the French Quimper pottery the family collects.

Christmas FROM THE OLD WORLD

SOMETHING OLD, SOMETHING NEW, *something yellow, something blue. Whether it's the materials used in building their home or the brightly colored, country-French pottery they admire, this young family mixes it all with style and an old-world feeling. They have gathered up the things—and people—they cherish most to create a home filled with love.*

BY JILANN SEVERSON



A Treetop Angel Doll overlooks a pine stuffed with baby's-breath and entwined with grapevine. Crocheted baskets and painted wooden grapes reflect the family's European roots. Embroidered Faience Pillows patterned after Gig's Quimper pottery collection and Sheep Dolls stitched just for Adrienne are surefire favorites for Christmas morn.

Christmas
FROM THE OLD WORLD

A FEELING OF EUROPE LINGERS IN THE HOME *of Gig and Tim Schussler. They're masters at blending, from their European roots and their love of old and new to the paints they mottled on their walls. In their living room, a new cross-stitch sampler where angels proclaim goodwill is bordered in French fabric, and folkish Dutch tiles frame the fireplace. Echoing the simple charm, American rag rugs cover the floors, a garden bench mingles with delicate wicker, and a quilt drapes the modern sofa. Even more impressive: they did it all themselves.*

PHOTOGRAPHS: WILLIAM STITES. DESIGN CREDITS, SEE PAGE 151



Adrienne, Tim, and Gig Schussler



Pasta's perfect for ornaments and garlands on an Italian kitchen tree. Miniature wooden spoons tied to the branches and a copper pot as a stand carry out the look. The treetop star (left) made of ziti, macaroni shells, bow-tie noodles, and pasta wheels awaits hanging.

Christmas
FROM THE OLD WORLD

"EVERYONE TOLD US *it would take forever—and it has!" laughs Gig when she tells about building their house "from the ground up." Tim, a carpenter, incorporated old stained-glass windows with functional new ones in several rooms. Gig, who learned furniture painting from her mother, experimented to find the perfect aged finish she wanted for the walls. Amid all the skill and talent displayed in their home, two standouts are evident: the colorful Quimper (cam PEAR) pottery they collect and Adrienne, their 4-year-old daughter.*



Satin ribbon entwines the service and dessert plates for a festive look. In the background, a fresh-fruit and greens version of a ceramic Della Robbia centerpiece forms a long, narrow accent.

To make the fruited wreaths shown at right, tuck an assortment of greens into a four-wire box wreath form. Run florist's wire through the fruits, then wire them to the lower quadrant of the wreath. Replace the fruits as needed.



Christmas
FROM THE OLD WORLD

A basket stitched in single and double crochet holds a wooden pear from Gig's miniatures collection.



Silhouettes of wooden nativity figures cast intricate shadows in the early morning light.



Christmas
FROM THE OLD WORLD

THE SHOP *Gig owns with her parents, Marie and Victor, is also filled with Quimper, colorful pottery painted with old-world figures and flowers. And Adrienne loves it just as much as her parents do.*

"I think Adrienne's first word was Quimper," jokes Tim. He's not far from the truth. When she helps set the table, everyone gets a folkish plate picked just for them. And if her morning snack isn't in a Quimper bowl, she'll let you know.



To make Gig's fresh-fruit and greens centerpiece, cut a piece of plywood to the desired size for your table. Randomly pound nails completely through the wood; cover the board with an assortment of greens. Gently push fresh fruits onto the nails, placing the larger fruits toward the center and tapering to smaller fruits.





Christmas
FROM THE OLD WORLD

SHRIEKS OF LAUGHTER *ring through the house when Adrienne sees her grandparents drive up. They're her best buddies. In fact, family is so important to them all that they have turned Christmas into a two-day celebration. Visits to both families mean lots of playful cousins for Adrienne to enjoy.*

"We work so hard during the holidays that we like to stretch it out," explains Gig.

The Pine Tree Quilt (*above*) is stitched up in subtle shades of tan and white.

Paper Dress-Up Dolls (*below*) and their wardrobes made of papers and trims pose on Gig's painted cupboard. Gig painted the tiny chair to match her Quimper dishes several years ago.





Clusters of wooden grapes painted in soft shades of green and purple cozy up with the real things while waiting to be hung on the family Christmas tree.

Instructions begin on page 44.
To order kits and patterns, see page 161.
Buying information, see page 149.

Christmas
FROM THE OLD WORLD

continued from page 43

WOODEN NATIVITY, page 39

To order project plan, see page 161.

Materials: 1×12×8-ft. sheet (C) select pine; two 14-in. lengths ⅛-in. dowel; scroll or saber saw; sandpaper.

Instructions: Finished size of tallest piece, approximately 16¼ in.

Enlarge pattern (*below*) to scale (800 percent). Transfer to pine; cut 1 each of Mary, Joseph, and Baby. Cut 3 Kings. Cut desired number of remaining figures. Cut out all shaded areas. For shepherd's staff, drill ⅛-in. holes as indicated. Cut dowels into 3½-in. and 10½-in. pieces. Insert in holes for staff.

Sand all edges smooth. Leave natural or finish as desired.

PASTA ORNAMENTS, page 37

Materials: Various sizes and shapes of pasta (see instructions and note that follow); mini hot-glue gun and clear glue sticks; household cement (for mini wreath ornament only); unfinished wooden drapery rings; medium-weight manila file folders; medium-weight cardboard; monofilament; light tan embroidery floss or pearl cotton; 8-mm plain wooden beads.

Instructions: *Note:* Most of the pastas used are major brands available at supermarkets nationwide. The long *ziti* (a strawlike tube of pasta) and *fusili con buco* (long pasta spirals) are available at many gourmet or Italian food specialty shops.

General instructions: Following specific instructions for each shape, assemble with mini hot-glue gun. Snowflakes are assembled on a 1¾-in. manila circle; pinwheels and small flowers are assembled on a quarter-size circle.

To cut the long ziti, place on cutting board and gently score half-way around with single-edge razor blade. With scored surface pointing away from you, press with thumbs behind the scored line. Trim jagged breaks with razor blade.

To hang ornaments, glue salad mac or a spaghetti ring on the back; hang from monofilament loop.

Snowflake: Arrange 6 large bow tie noodles around base circle, overlapping base about ⅜ inch and with large center pinch of noodle facing up. *Note:* Noodles should form 6 evenly spaced spokes around circle. Glue in place. Glue a pasta wheel to center. Gently snap 3 more large bow tie noodles in half and arrange the 6 pieces around the wheel, placing each half midway between the whole noodles. Glue a second wheel atop the first.

Pinwheels: For the mostaccioli pinwheel, arrange 8 or 10 pieces around base circle, with angle cuts all pointing in same direction. Glue pairs together, then glue pairs to circle base and each other. Glue 5 large macaroni shells on top. Top with a pasta wheel.

For the short ziti pinwheels, select 8 straight *or* 8 curved pieces of equal length. Glue pairs to the circle base at opposite sides, overlapping base about ¼ in., to form 8 straight or curved spokes. Glue pasta wheel to center. Snap 2 large bow tie noodles in half to form 4 pieces. Arrange and glue adjacent to wheel, spanning a gap between a pair of noodles.

Bow ornaments: Gently snap fusili con buco into 5 random lengths for each ornament, ranging from 3½ to 5½ in. Glue strands together, overlapping 1 end and fanning out other end. Glue large bow tie noodle to top.

Large flowers: For petals, arrange 6 pasta wheels around center wheel; glue in place. For stem, place 2 mostaccioli noodles so that the angle cuts form a V at the top and bottom; glue together. Glue 2 more mostaccioli noodles to each side of stem for leaves.

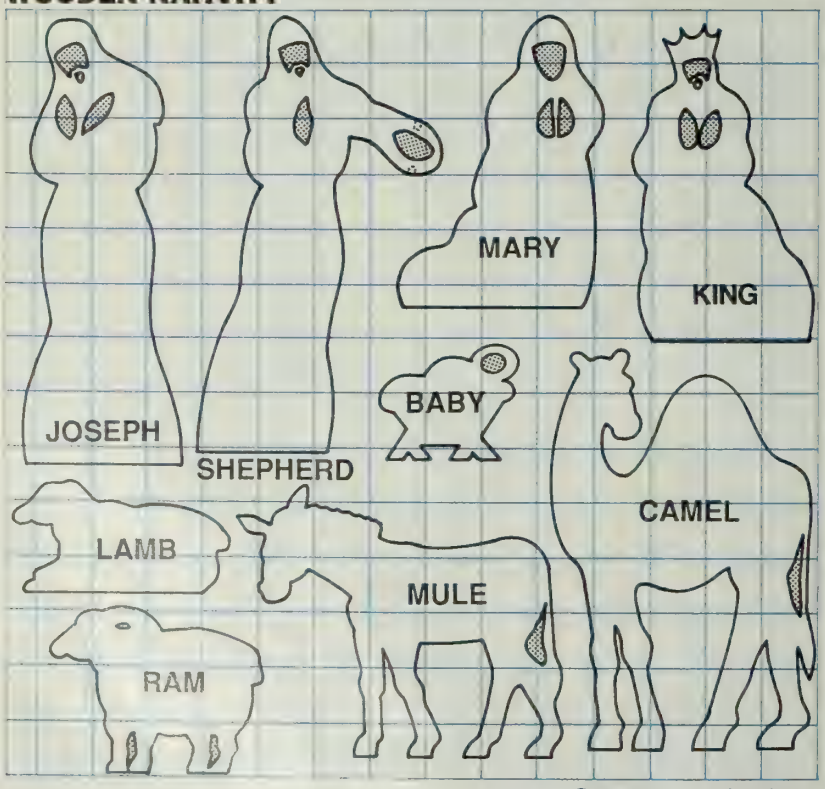
Small flowers: Arrange 6 cavatelli noodles, 5 large macaroni shells, or 5 large bow tie noodle halves atop base circle; glue pasta to base. Glue pasta wheel to center.

Miniature wreaths: Glue crinkly egg noodles to unfinished drapery ring. For best results, generously apply glue to ⅓ ring, and lay noodles, with curvy edges up, in the glue. Let dry and repeat for remaining ring. Fill in gaps with more noodles.

Christmas trees: For tall, slender trees, cut 6-in. trunk and 4-, 3½-, 3-, 2½-, 2-, 1½-, 1-, and ½-in. branches from long ziti. Center and glue each branch perpendicularly to trunk, placing longest branch about 1-in. from bottom and spacing the rest evenly.

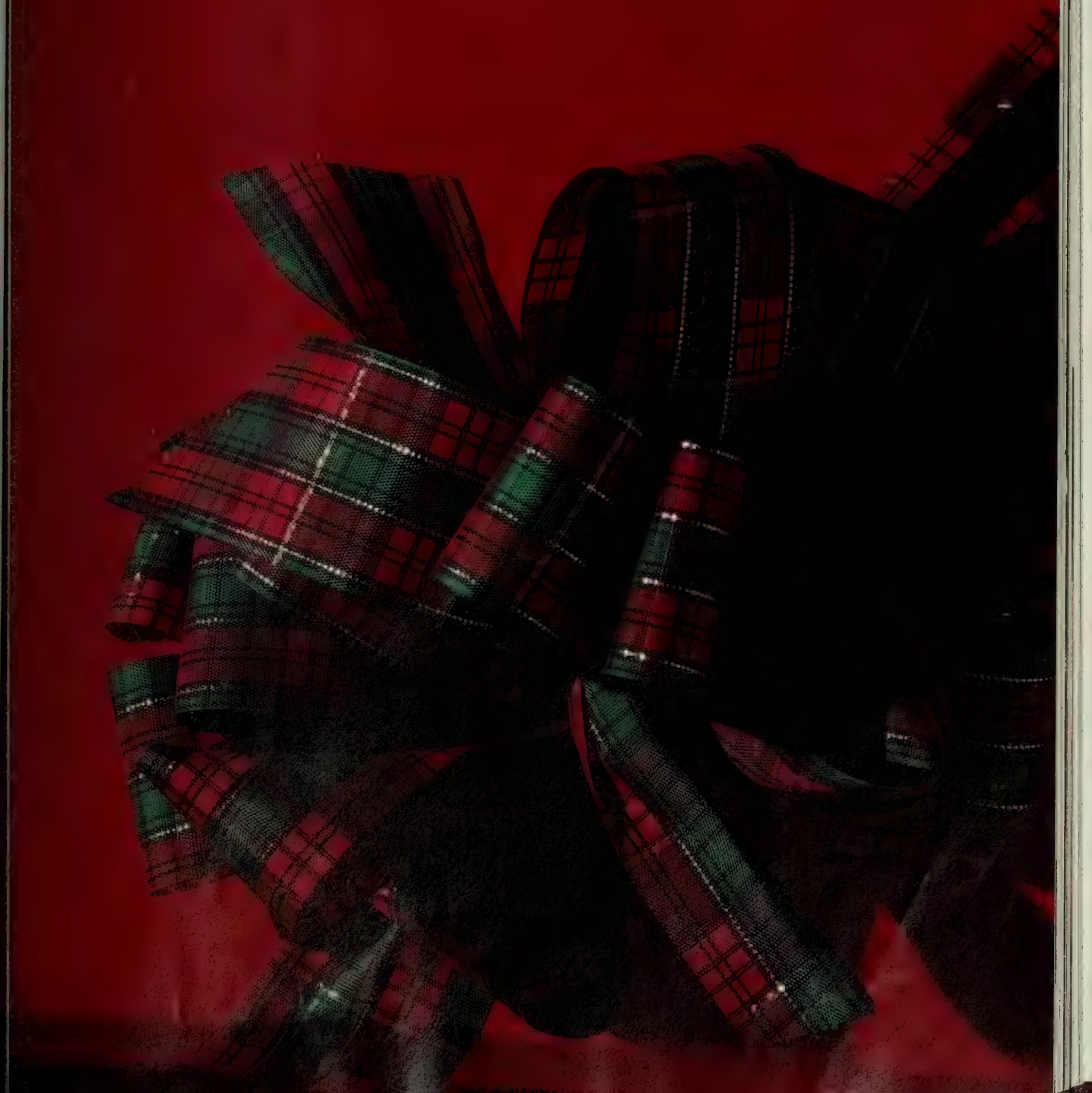
For the short, squat trees, cut 4½-inch trunk and 8 branches ranging

WOODEN NATIVITY



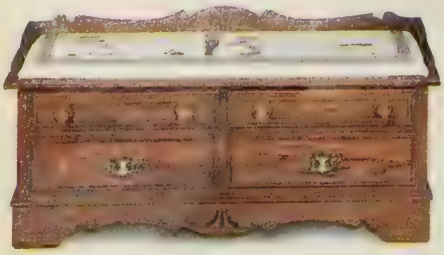
1 Square = 2 Inches

For The Perfect Christmas Gift, Open This First.

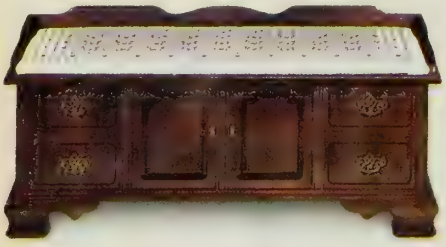


The perfect Christmas gift for her...

A Lane® Cedar Chest To Hold Life's Precious Memories.



SERENITY No. 2519. 49" oak chest with award-winning needlepoint design upholstered top.



HEARTLAND No. 2517. 49" cherry with antique cherry finish. Upholstered top framed with gallery rail.



ABOVE
ATCHISON No. 5501. 48" pine storage settee from the America Collection of museum reproductions and adaptations.

BELOW
BOUNTIFUL No. 2592. 45" pine chest with award-winning stencil design.



For that very special person on your Christmas list, the gift of a genuine Lane Cedar Chest has always been a special expression of love. Lane offers more than 100 styles to store her treasured keepsakes. All with the legendary [illegible], for over 78 years, has made Lane synonymous with the finest in natural cedar protection.

The perfect Christmas gift for him...

A Lane® Recliner To Make Life A Little More Comfortable.



Comfort comes in many shapes and sizes. For that very special person on your Christmas list, a Lane Recliner provides comfort and luxury for years to come. And Lane's wide variety of styles, sizes and fabrics means there's a recliner that's perfect for him.



SPOILER No. 1869.
Our most popular chair. Available as a rocker recliner or Wall-Saver.®



TEMPTATION No. 1898.
Classic design as a rocker recliner or Wall-Saver.®

ABOVE
COMFORTER No. 7002.
New chaise rocker recliner for head-to-toe comfort.

BELOW
ABBEY No. 2650.
Traditional wing chair recliner.



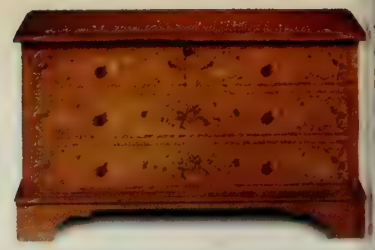
Action RECLINERS BY Lane®
The Way America Takes It Easy



WHEATFIELD No. 5473. 45" oak chest with embossed wheat design.



YORKTOWN No. 4896. 50" cherry chest with simulated drawers. Antique cherry finish.



CALAIS No. 2632. 42" hand decorated foyer chest. Antique maple exterior.



CAMBRIDGE No. 5027. 45" Queen Anne chest with simulated drawers. Medium cherry finish.



ENDEARMENT No. 2627. 48" hand decorated chest. Country cherry finish.



FAIRFAX No. 4569. 48" pin knotty oak chest with embossed front rail. Self-rising interior tray.

For a colorful cedar chest brochure, send $1 to The Lane Co., Inc., Dept. L120, Altavista, VA 24517-0151.



MARQUIS No. 1959.
Available as a rocker recliner or Wall-Saver.®



PARLIAMENT No. 1972.
Skirted wing chair as a rocker recliner or Wall-Saver.®



SUMMIT No. 1833.
Comfort abounds as a rocker recliner or Wall-Saver.®



ODYSSEY No. 1824.
Available as a rocker recliner or Wall-Saver.®



SALEM No. 1882.
Rocker recliner with pine arms and wings.



AMBASSADOR
No. 2605. Wing chair recliner.

For a free recliner brochure, write Action Industries, Inc., Dept. L120, Box 1627, Tupelo, MS 38802-1627.

For a store near you with the perfect Christmas gifts, call toll-free 1-800-447-4700.

Lane®

SMALL ELECTRONICS WITH BIG USES



Texas Instruments' Financial Investment Analyst calculator features a six-line display and worksheets to help figure amortization, cash flow, depreciation and much more. $150.



RCA's 9-inch TV works big with on-screen time and channel displays, a sleep timer, remote control, and AC/DC operation. As shown, $289; white with swivel base, $319.



AT&T's cordless phone lets you do the walking—while you're clearly talking. Clarity Plus™ technology virtually eliminates electronic interference. $179.99.

PHOTOGRAPHS: PERRY STRUSE

DON'T GET CAUGHT IN THE DARK NEXT TIME YOU REACH FOR YOUR FLASHLIGHT!

Reach for the Copper Top™ Tester.

Duracell now offers something new. The Copper Top™ Tester tells you instantly if a used battery is good or needs to be replaced.

It's free. And only from DURACELL®.



THE ULTIMATE PET HOME
DOGLOO® XT
COOLER IN SUMMER!
WARMER IN WINTER!

- SUPERIOR NITROGEN INSULATION
- EASY TO CLEAN & FLEA-FREE
- DURABLE & MAINTENANCE FREE
- DESIGNED & MADE IN THE USA

ONLY DOGLOOS® HAVE *INSULATION* THREE TIMES THAT OF PLASTIC AND GREATER THAN WOOD

NITROGEN INSULATION → THICK OUTER WALLS

STRUCTURAL FOAM CROSS SECTION

AVAILABLE WHERE PET PRODUCTS ARE SOLD
FOR MORE INFORMATION CALL (206) 391-3053
DOGLOO, INC. 1160 California Avenue Corona, CA 91719
DOGLOO, INC. 22845 NE 8th, Suite 314 Redmond, WA 98053

TERRIFIC *Gifts*

OUR FAVORITE CHRISTMAS GOODIES



MAN OF STEEL

It's a sculpture! It's an organizer! It's Magazine Man! He's only 29 inches tall and full of whimsy, but his strong arms hold up to a dozen magazines. $90. *"Magazine Man" by Oré Originals; available through Levenger Tools For Serious Readers; 800/544-0880.*

HIGH STYLE FOR HOME OFFICES

Get a grip on your home work with this sleek desktop blotter and its address file, paper clip, note pad, and pen and pencil holders, and other office helpers. $100. *M-33000S Complete Desk System by Milano Series; available through Judd's Place; 800/441-4396.*



GIFT-GIVING IS IN THE BAG

An elegant gift bag of heavy tapestry holds bath gel, lotion, soap, bath beads, and soap leaves now and other delights later. $35. *Damask Rose Tapestry Bag. Crabtree & Evelyn; 800/624-5211.*

HOT STUFF

Form follows function in these carafes with sleek style and double-wall vacuum flasks that look good, work hard. In black, red, or white. $30. *ThermArt. Robert Krups, North America, 7 Reuten Dr., Closter, NJ 07624; 800/526-5377.*



PHOTOGRAPHS: PERRY STRUSE

f you cook, we'll help clean up.



delight in creating meals your family and nds rave about. But you could sure use a hand h the mess that's left when you spill and atter your way to a new masterpiece.

pan ranges combine the precise cooking control efficient natural gas with exceptional cleaning nvenience, so foods are done to perfection time er time. And you don't waste time scrubbing d scouring while you should be taking bows.

nite-control burners lift with the rangetop so there's nothing in the way when you clean below. The fully automatic self-cleaning gas oven is digitally controlled for exact time and temperature settings. And the seamless backsplash and spill control top keep little accidents from becoming major cleaning challenges.

Tappan. The range of choice for people who care about cooking. Because even after dinner, we're right there helping out in the kitchen.

your free copy of the "Tappan Gas Range Collection" brochure, call us toll free at **1-800-537-5530.**

TAPPAN

Precision Cooking Machines

Gas. America's best energy value.

Gas. The number one choice of America's cooks.

990 American Gas Association

First Alert®

The First Alert Kitchen Light Test® smoke detector offers the ultimate in convenience and protection for the kitchen, where 2 out of 3 fires start.



Test the detector by simply waving a flashlight beam across the gold test button. Plus, a silencer button quiets nuisance alarms triggered by cooking.

FROM FIRST ALERT. THE WORLD'S LEADER IN SMOKE DETECTORS.



THE DAILY GRIND

Good taste is a phone call away when you order a gourmet gift set. Coffee grinder ($20), Gourmet's Dozen ($15), 8 Days A Week Whole Bean Treat ($13).

Gloria Jeans Coffee Bean Corp.; 800/677-7005.



QUARTZ OF STYLE

It's high time desk clocks took on some sculptured grace. A quartz clock framed in crystal-clear glass is perfect for both masculine and feminine offices. $95 from The Sculptured Glass Collection.

Seiko Clocks, 1111 MacArthur Blvd., Mahwah, NJ 07430; 800/322-4452.

TERRIFIC *Gifts*



PRIMARY INGREDIENTS

Toss some color into your party by adding simple-lined accessories spiced with hot-colored stains. $35–$220.

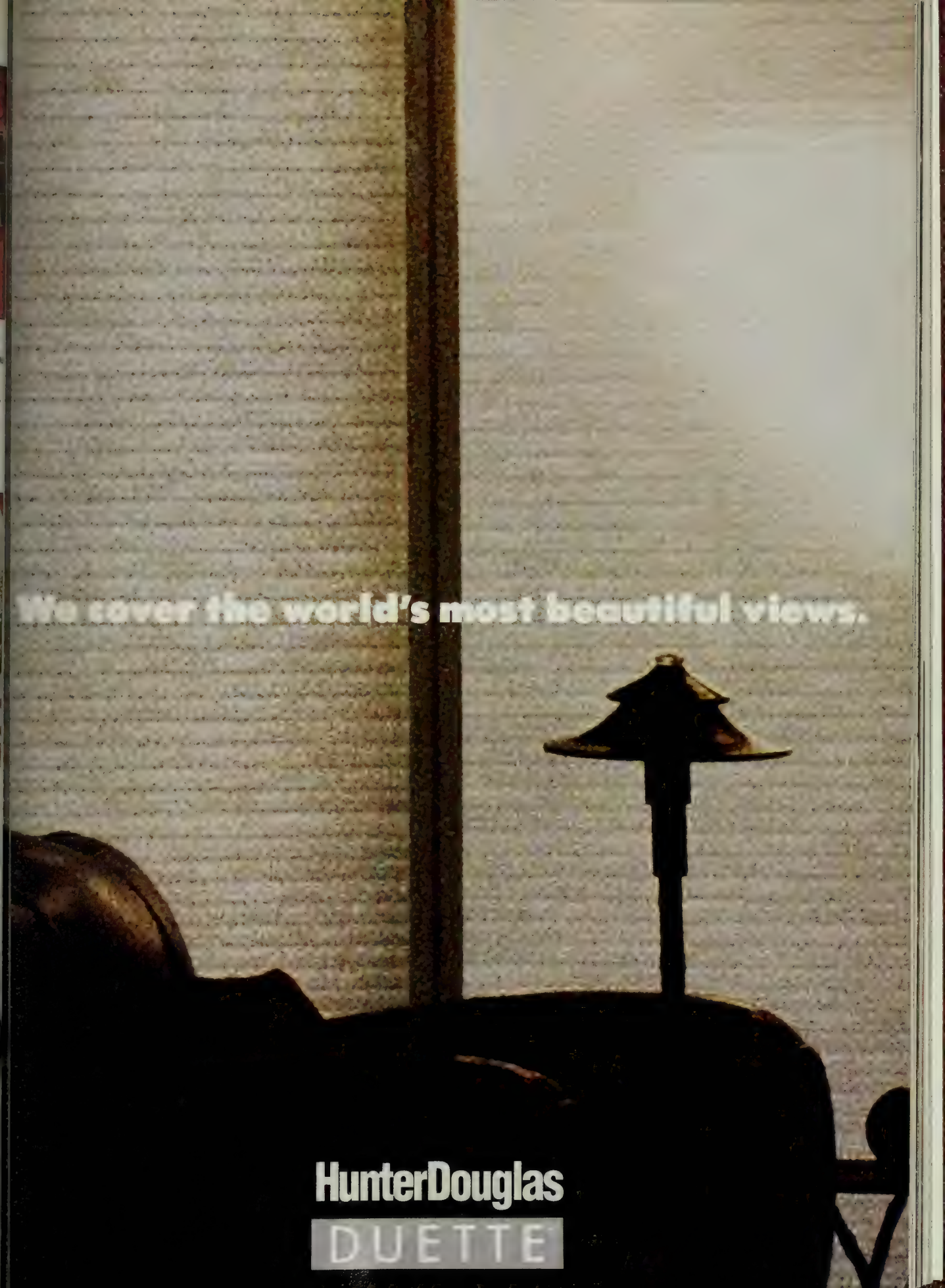
Ontano Wood Multicolored Accessories. Vietri, Inc., P.O. Box 460, Hillsborough, NC 27278.

KEEP A LID ON IT

Simple styling and eye-appealing colors make these versatile "Pandora" boxes in blue, green, and frosted white no trouble to use—candy, there. $35 each.

Iittala Inc , 175 Clearbrook Rd., P.O. Box 453, Elmsford, NY 10523.




We cover the world's most beautiful views.
HunterDouglas
DUETTE


With the world's most beautiful shades.

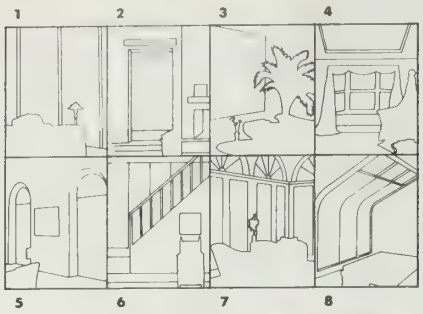

3

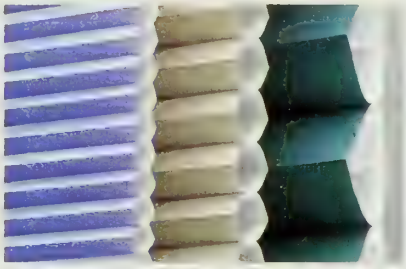

4





To create the world's most beautiful windows.





Duette® shades are perfect for any home, any room and any window. Why? Because they offer a wide range of light transmission, from transparent to opaque. They come in three permanent pleat sizes. The soft fabric comes in a wide range of designer colors. And they're available with a variety of hardware systems which allow you to cover any window, whether it's on a curved wall or a sloped ceiling.

It's all made possible by our unique cellular honeycomb design. This patented construction, which cannot be duplicated, produces shades that have incredible strength and durability, without visible cords, holes or seams to mar the appearance.

What's more, Duette shades are easy to care for and are highly energy efficient as well, keeping heat in when you need it, and out when you don't.

That's why no matter what your point of view, your windows will look more beautiful with Duette shades.

1 Duette Elite: slim and fit.
Duette Elite™ shades are made with a soft, translucent fabric in permanent three-quarter inch pleats, for a look that's gently tailored. Here they filter the light to create a warm, sophisticated mood in this contemporary living room. These shades are shown with our Duette EasyRise,™ the loop-and-pulley tracking system which allows even the largest and heaviest shades to be raised and lowered effortlessly. Another gentle touch from Duette window fashions.

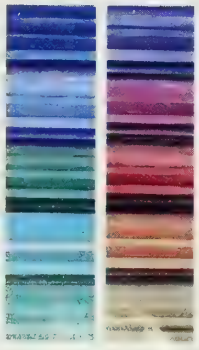
2 Duette Eclipse: minimum light, maximum beauty.
No matter how bright and sunny it is outside, this southwest bedroom can be kept almost totally dark with Duette Eclipse™ shades. What's more, Duette Eclipse will protect your furniture and rugs, because it blocks out 99% of the sun's ultraviolet light. Duette Eclipse is especially practical when used with Duette Duolite,™ allowing you to pair two different fabrics. This Eclipse/Sheer Visuale combination gives you the double benefit of daylight views and nighttime privacy.



3 Duette Splendor: the architectural look.
There's no better match for this spacious music room than the graceful, yet grand scale of Duette Splendor.™ These shades have a wide two inch pleat and can cover large expanses of windows, up to fourteen and a half feet wide by an extraordinary thirty-five feet long. And the entire shade can be concealed in the headrail when completely raised. Duette Splendor. For the sweeping lines and broad planes that give windows a whole new dimension.

4 Duette Expressions: a softer touch.
Duette Expressions,™ with its soft linen-look fabric, makes the perfect base for a delicate lacy overtreatment in this cozy nursery. The skylight uses our Duette Skyrise,™ a tracking system which keeps shades on an angle securely in place. Skyrise can be operated manually or can be motorized, when you want to baby yourself.

5 Duette Classic: for a traditional view.



Duette Classic™ has our smallest pleat size, three-eighths of an inch, for a look that's perfect for this elegant library. And Duette Classic can be custom made to fit any window shape, from a trapezoid to these gracefully arched windows.

6 Duette Sheer Visuale: for a clearer view.
Duette Sheer Visuale™ is made of a soft, knit, almost transparent fabric. So it lets in the view, without leaving your windows bare. Like all Duette shades, it can be installed to open from the bottom-up, or the top-down. In this sunny beach house it's in off-white, but it also comes in dark, smoky colors, pastels, or sheer lace-looks. Duette Sheer Visuale, a clear advantage for your windows.

7 Duette Vertiglide: for a wider view.
For large-scale windows and doors, as in this bright solarium, there's nothing more fitting than Duette Vertiglide.™ This vertical hardware system can be custom made for any expanse up to twenty-eight feet wide by eight feet high, and can be installed to open from either side, both sides, or with a center opening. Whichever way you go, they're the nicest thing to come across your windows.

8 Duette Smart Shade: for the intelligent window.
Duette Smart Shade™ is a curved track system that can be installed vertically or horizontally. It's perfect for bay windows, greenhouses, skylights, or the series of curved windows in this granite bathroom. Any way you turn, Duette Smart Shade looks beautiful.

For a free fabric sample and the name of your nearest Duette retailer, or to order our new 24-page brochure ($2.00) or home video ($5.95), call 1-800-32-STYLE ext.100. Or write: Hunter Douglas Window Fashions, P.O. Box 308 Dept.100, Mt. Olive, NJ 07828.

Because whatever size or shape windows you have, we've got you covered.

HunterDouglas

DUETTE

© 1990 HUNTER DOUGLAS, INC.
PATENTED IN THE U.S. AND FOREIGN COUNTRIES.
™A HUNTER DOUGLAS PRODUCT



This Christmas, simply charge everything.

his Christmas, give an Eveready® Quick Charging Rechargeable Battery Charger. It can charge virtually y combination of rechargeable batteries in only seven hours. And because the batteries can be recharged hundreds of times, this is one charge account that pays off.

EVEREADY.

from 5 in. to 1 in. Glue to trunk as for tree above, placing lowest branch ¾ in. from bottom.

Treetop star: Cut 3¼-in. circle from medium-weight cardboard. Cut five 2-in. lengths from long ziti; cut 10 lengths *each* 1¾, 1½, and 1¼ in. Using protractor, mark the circle at 5 equally spaced points. Overlapping base by ⅜ in., glue longest pieces to the base circle to form 5 spokes. Glue pair of 1¾-in. pieces on either side of first spoke, aligning bottom of shorter pieces on the circle with the first piece; repeat with remaining lengths of ziti. *Note:* At this point, you will have 5 star points, each with 7 graduated lengths of pasta.

To fill in the center, arrange and glue a ring of large macaroni shells inside star points. Fill in any gaps along outer edges of large shells with small macaroni shells. Glue pasta wheel to center. Gently snap 5 large bow tie noodles in half; arrange and glue 2 layers of noodle halves between center wheel and large shells. Glue second pasta wheel atop first one. See photograph on *page 36* for detail.

Garland: Snap long ziti into random lengths. Cut 10-ft. length of embroidery floss or pearl cotton. Tie and glue wooden bead to 1 end. Using large tapestry needle, alternate lengths of ziti and wooden beads until string is filled. For best results, vary the lengths of pasta as you go. Tie and glue bead at end of thread to secure.

PINE TREE QUILT, page 42

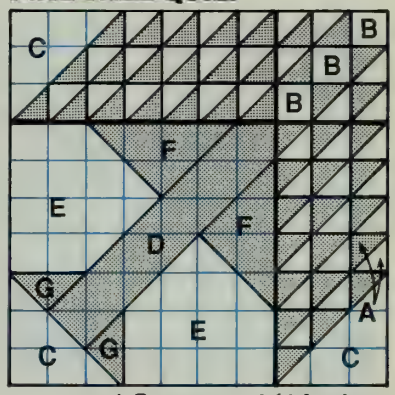
Materials: 45-in.-wide fabric in following amounts and colors: 4 yd. tan, 5¼ yd. white, 5½ yd. backing fabric; quilt batting; graph paper; posterboard or plastic for templates.

Instructions: Finished quilt size, approximately 72¾ × 93 in. Finished quilt block, 15-in. square.

Unless otherwise stated, sew with right sides together using ¼-in. seam allowances. Measurements for borders and setting pieces include ¼-in. seam allowances.

Enlarge pattern (*right*) to scale. Transfer to graph paper. Make templates for pieces A–G.

PINE TREE QUILT



1 Square = 1 ½ Inches

Use templates to mark pieces A–G; add ¼-in. seam allowances to all pieces. Cut templates A–G.

Cutting: From tan, cut the following: four 2 × 89-in. side borders, four 2 × 68-in. top and bottom borders, eight 2¾-in. squares for border corners, 24 F triangles, 12 D tree trunks, 24 G triangles, and 504 A triangles.

From white, cut three 22½-in. squares. Cut squares in half diagonal-

continued on page 46

continued from page 45

ly in both directions into 4 triangles. These will be the large setting triangles; ten are needed. *Note:* There will be 2 extra triangles.

From white, cut two 11½-in. squares. Cut each square in half diagonally into 2 triangles. This will make 4 corner setting triangles.

Also from white, cut the following: six 15½-in. setting squares, two 2×89-in. side borders, two 2×68-in. top and bottom borders, eight 2¾-in. squares for border corners, 24 E pieces, 36 C triangles, 36 B squares, and 432 A triangles.

Piecing: To piece 1 block, refer to piecing diagram (*page 45*). For trunk unit, sew triangle G to short side of E pieces and F triangle to opposite side. Sew EFG units to opposite sides of trunk D; sew C triangle to trunk pieces to complete corner.

Make 36 small squares by joining white and tan A triangles along long sides. To make rectangular branch units, assemble "triangle squares" into rows, adding single tan triangle to outside of each row; join rows and sew C triangle onto slanted end. Sew 1 rectangular unit to trunk unit.

Piece center branch square by combining triangle squares and B squares into rows; join rows. Sew center branch square onto end of remaining rectangular branch unit; join to block.

Piece 12 Pine Tree blocks.

Assembly: Lay blocks on point in 4 horizontal rows with 3 blocks per row. Fill in center openings with setting squares; fill in outer edges with setting and corner triangles. Sew blocks together in diagonal rows; join rows.

To make borders, join borders into striped units, placing white border in center. Sew longer borders to quilt sides, trim even with quilt top. Sew 4 sets of 4 border corner squares into checkerboard. Measure shorter borders even with quilt top along top and bottom; trim even. Sew checkerboard to ends of shorter borders; sew borders to top and bottom of quilt.

Piece quilt back from backing fabric. Layer quilt top, batting, and backing; baste and quilt as desired. Finish edges with binding made from remaining tan fabric.

TREE-TOP ANGEL DOLL, page 35

To order kits, see page 161.

Materials: *For doll:* 9×28-in. piece white fabric for body; yellow cotton sport yarn for hair; scraps of medium olive, light olive, taupe, rose, and white embroidery floss; polyester fiberfill; powdered blush; tailor's chalk or water-erasable marker.

For clothing: ½ yd. 72-in.-wide white tulle for dress; 3 sizes white satin ribbon: 1 yd. ¼-in.-wide, 1 yd. ⅜-in.-wide, 1¼ yd. 1-in.-wide for waist bow; 1¾ yd. 3-in.-wide white lace or trim for bodice front, sleeves, and overskirt; ¼ yd. ⅝-in.-wide white lace for neck; 36×12½-in. piece stiff, heavy fusible interfacing for underskirt; 10×16-in. piece each of white satin and Wonder Under transfer web

No matter how many good friends you hav



A Balica Doll could be a very happy addition to your daughter's life. All she need
is a little extra place in her heart. (And sufficient space on her bed.)
With Balica Dolls, your daughter has a diverse group of friends to choose from.
There are bigger dolls for playing with at home. Smaller dolls for taking out.

Look for Balica Dolls at Caldor, Child World/Children's Palace, Sears Wish Book, Service Merchandise, Toys 'R

for wings; one 4½-in.-diameter grapevine wreath for halo; small snap.

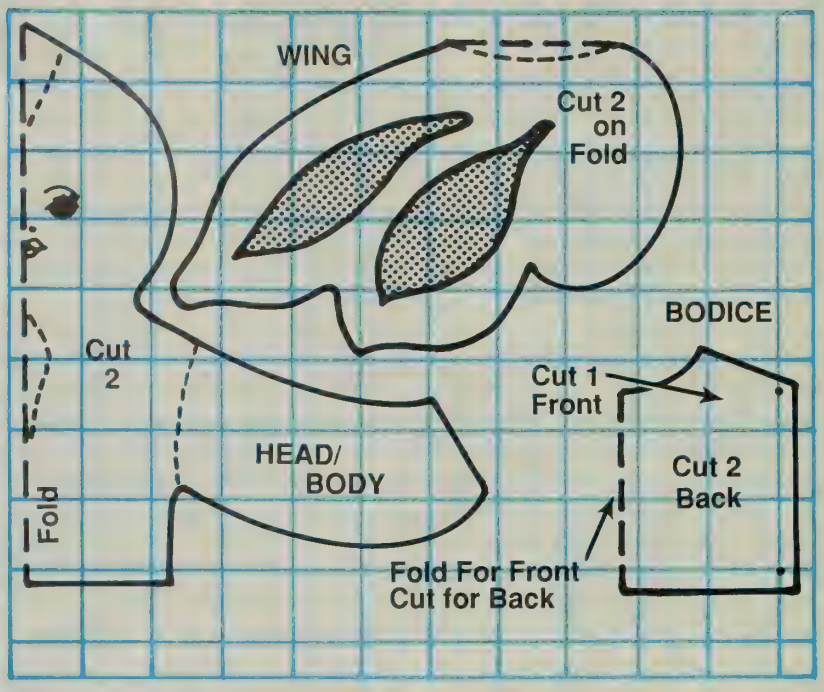
Instructions: Finished size, approximately 14 in. tall. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances. Enlarge pattern (*right*) to scale (267 percent).

Face: Trace body front and face onto right side of fabric. *Do not cut out.* Using 2 plies floss, embroider as follows: satin-stitch eye centers with medium olive and outer eye with light olive, straight-stitch eye dots with white, and satin-stitch lips with red. Using 1 ply taupe, outline-stitch eyebrows, eyelids, eyelashes, and nose dots. Lightly color cheeks with blush.

Body: Cut out all body pieces. Sew head and body darts. Sew body front to back all around, leaving bottom open. Reinforce neck and underarm seams. Clip; turn right side out.

Stuff head firmly; stuff arms, leaving shoulder area unstuffed. Sew across arms along dotted lines. Stuff neck and body firmly; slipstitch body closed, turning under raw edges.

ANGEL DOLL



Hair: Wrap yarn 50 times around a 6-in. length of cardboard. Carefully remove; tie short length of yarn

continued on page 48

ou can always make room for one more.



Babies for mothering. And toddlers for cuddling.
As for their heritage, the beauty and quality of Balica Dolls are a long-standing European tradition.
And, unlike most friends, they come with a 2-year limited warranty.

Balica™ Dolls

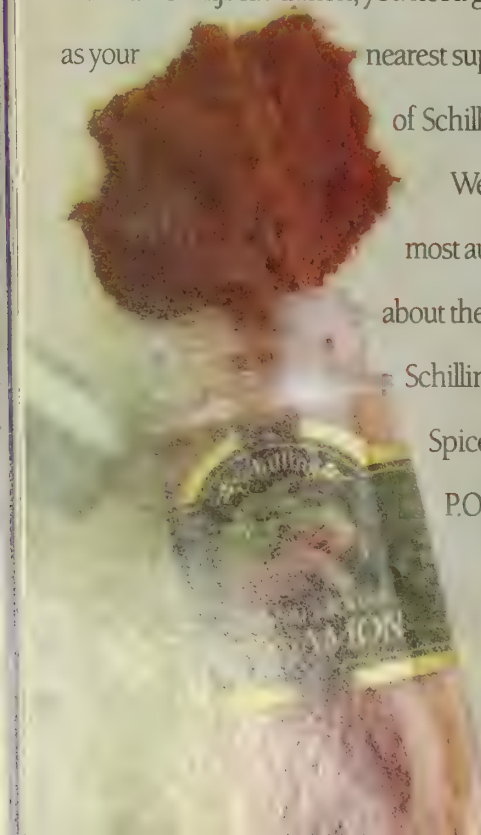
ed Wal-Mart locations and many other fine stores. © 1990 Tiger Toys 980 Woodlands Pkwy, Vernon Hills, IL 60061.

Why do the best desserts come from Mt. Korintji?



At an elevation of roughly 14,000 feet on the northern most slope of an active volcano, you'll find the Cassia trees that yield the most preferred cinnamon. Rich in volatile oils that produce a unique, smooth flavor, Mt. Korintji cinnamon is the perfect flavor accent for cakes, pies and coffee. If you'd like to taste the Mt. Korintji cinnamon, you need go only as far as your nearest supermarket. And pick up a bottle of Schilling® Gourmet spices.

We travel the world to bring you the most authentic ingredients. To learn more about the other 103 gourmet spices from Schilling, order "The Gourmet Guide to Spices." Send $1.50 to Gourmet Guide, P.O. Box 762, Churchill, MD 21690.



Schilling

Quite simply, the best spices on earth.

©1990 McCormick & Co Inc

Christmas FROM THE OLD WORLD

continued from page 47

through all loops at each end. Flatten center; sew across making 3½-in. center part. Tack part to head, matching part to face dart at top of head.

For side curls, wrap yarn 10 times around 1 finger. Tie short length of yarn through center of loops. Repeat, making 10 loops for each side. Tack loops to head at sides.

Dress: Cut 4 bodice fronts and 4 bodice backs of tulle; sew as 1 unit. Turn under ¼ in. on bodice back edges; topstitch. Sew front to back at shoulder seams.

Stay-stitch neck edge; clip and press under. Cut narrow lace to fit neck, turning under ends. Topstitch straight edge of lace under neck edge.

For sleeves, cut four 10×5-in. pieces tulle. Layer into pairs; fold in half lengthwise and press. Baste long raw edges together. Topstitch 1 edge narrow ribbon along folded edge. Topstitch remaining edge over lace edge, sewing through all thicknesses and creating sleeve piece that has tulle at top, lace at bottom, and ribbon joining all at middle.

Gather upper edge to fit bodice, matching center to shoulder seam; sew. Sew side and underarm seams.

For hem of underskirt, fold under 3 in. on 1 long edge with fusible sides facing. Fuse according to manufacturer's instructions, taking care not to iron over exposed fusing. Set aside.

For overskirt, cut 28×19½-in. tulle rectangle. Fold in half lengthwise; press. Topstitch 1 edge of ⅜-in.-wide ribbon along straight edge of wide lace. Place lace atop folded edge of skirt with bottom edges even. Topstitch remaining edge of ribbon through all layers. Turn under and topstitch each short end.

Layer atop underskirt with raw edges even. Gather upper edge sewing through both layers. Adjust gathers to fit bodice; sew in place. Sew snap at midpoint of center back underskirt.

Tack 8-in. lengths of ¼-in.-wide ribbon at back neck opening for ties.

Wings: Cut satin and transfer web in half to measure 8×10-in. Trace 1

continued on page 50

Give your home team something to cheer about.



Team NFL CONFECTIONS™

Finally, candy in a League by itself.

Get a cap from Team NFL Candy!

(PLEASE PRINT)

NAME _____

ADDRESS (no PO Boxes, please) _____

CITY STATE _____ ZIP _____

PHONE _____

NFL TEAM CHOICE _____ Quantity ____ SUPERBOWL XXV Cap _____ Quantity ____

HERE'S HOW TO ORDER. Fill out the above form and send your check, money order, Visa or MasterCard number to: AJD Cap Company, 3301 Castlewood Road, Richmond, VA 23234

_____ Visa/MasterCard (circle one)

Expiration Date _____ Check ____ Money Order ____

Each officially licensed NFL Pro Line cap costs $7.49, which includes shipping and handling. Order as many caps and/or teams as you like. Also available: The Superbowl XXV cap! List additional orders on a 3" x 5" card. Each order must include one NFL Candy wrapper. Offer expires June 30, 1991.



© 1990 Impel Marketing, Inc.
© 1990 National Football League Properties

DON'T GET BURNED AGAIN.



Introducing Stanley's new Cool Melt glue gun. Its unique oval glue sticks have been specially formulated to melt at lower temperatures. Which means you can use your Cool Melt glue gun to bond together dozens of things more safely than ever.

So next time, get your hands on our new Cool Melt glue gun. And don't get burned again.

Available at participating ACE Hardware stores, Builders Emporium and Fred Meyer stores.

STANLEY®
helps you do things right.

Stanley-Parker, Inc., Worcester, MA 01610 © 1990

Christmas
FROM THE OLD WORLD

continued from page 48

wing onto each piece transfer web, flopping to complete. Fuse each to wrong sides of satin pieces following manufacturer's instructions. Cut out wings, removing shaded areas; peel off backing. Place wings with fusible sides together; insert 2 layers tulle to cover openings. Fuse all layers together to form 1 wing. Machine satin-stitch around outer edges and inner openings. Fold in half along straight dotted line. Sew center back dart along curved dotted line. Tack lower center back seam to center back of dress.

Tie wide ribbon around waist into front bow. Tack grapevine wreath halo onto back of head.

ANGELS IN THE HEAVENS SAMPLER, page 34

To order pattern or kit, see page 161.

FAIENCE PILLOWS, page 34

To order iron-on transfer, see page 161.

COUNTRY FRENCH SHEEP DOLLS, page 35

To order full-size pattern, see page 161.

Materials: *For both sheep,* 60-in.-wide fabric in following amounts: ⅓ yd. white heavy coat wool and ½ yd. black midweight, tightly woven wool; 4 buttons or glass eyes with shanks; black and pink No. 3 pearl cotton; polyester fiberfill; carpet thread.

For clothing: 45-in.-wide fabric in the following amounts: ¾ yd. gold print for dress, ⅔ yd. blue print for jumper and bloomers, ¼ yd. blue for shirt, ⅓ yd. brown print for pants, ¼ yd. rust print for vest; 1 yd. 2½-in.-wide border print or ribbon for jumper; 2¼ yd. ¼-in.-wide elastic; 4 small buttons for jumper; 3 small buttons for shirt; 18-in.-piece narrow ribbon; small bell; 4 snaps.

Instructions: Finished size, approximately 19 in. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances.

Enlarge pattern (*page 56*) to scale (457 percent).

Head: Sew noses to head fronts. Sew head front and nose front center seam. Sew head back center seam; stay-stitch neck edge of head pieces. Poke small hole at eye placement. Insert eyes and secure.

Ears: Sew ears together in pairs, leaving bottom open; turn. Fold each lower bottom edge to center, forming pleat; baste in place. Match raw edges of ears to head front as indicated; sew. Sew head front to head back, matching center top seam.

Body: Sew arms and legs together in pairs, leaving openings at top and as indicated. Fold legs so seam lines match and folded edges are to outsides; baste across tops. Sew arms and legs to body front as indicated. Sew body front to body back, leaving neck open and keeping arms and legs free.

Stuff arms, legs, and body. Slip-stitch leg and arm openings closed.

Stuff head; turn under raw edges. Pin head to body so shoulder seams match head side seams. Ladder-stitch ¾ of the way around neck. Add more stuffing to neck; sew closed.

continued on page 56

American Tobacco Co. 1990.



Full Flavor.
Lights.
enthol Lights.
Ultra Lights.

Surprisingly rich.

About ½ price.*

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Ultra Lights 100's: 6 mg. "tar", 0.6 mg. nicotine; Lights & Menthol Lights, Kings and 100's: 12 mg. "tar", 1.0 mg. nicotine; Full Flavor Kings and 100's: 16 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

*ABOUT ½ THE PRICE OF MOST BRANDS BASED ON MANUFACTURERS' LIST PRICES. ACTUAL RETAIL PRICES MAY VARY.



"Silent Night" by Jean Sias

Shown smaller than actual diameter of 8½ inches

©1990 W. S. George

CHRISTMAS DELIVERY GUARANTEED!
on orders received by December 10, 1990.

The soaring spirit of a beloved Christmas hymn... a Bradford Exchange recommendation



All is calm, all is bright, in this touching depiction of a quiet Victorian Christmas Eve as the faithful make their way to the valley church to celebrate that first miraculous Christmas. Now, you can share in the joy, reverence, and peace of the holiday season, and the warm remembrances of a bygone age, in a new collector's plate, "Silent Night." It's available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Silent Night" is an important first issue –the premier issue in the *The Spirit of Christmas* collection.

It's an important work of art, created from an original oil painting by American artist Jean Sias and crafted under the hallmark of W. S. George in fine bone china. Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Silent Night" is strictly limited to a maximum firing period of 150 days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations for 1974, you would have bought "Scotty Gets His Tree" from the *Rockwell Society Christmas* series at $24.50 – a plate that now trades at $100.00.* More recently, if you had acquired "Holiday Skaters" from the *Scenes of Christmas Past* series, you would now own a plate already valued at nearly triple its 1987 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Silent Night" as one of the year's top prospects. . .and we'll back up your purchase with our 365-day guarantee.

The Bradford Exchange Unconditional 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

To acquire "Silent Night" at its $29.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Silent Night" is now – *before* it has a chance to increase in value.

*As reported in the Bradford Exchange Market Report, Vol. II-7.

©1990 BGE XPG-334D

A BRADFORD EXCHANGE APPROVED RECOMMENDATION

"Silent Night"

Please respond by: December 31, 1990

The Bradford Exchange Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

ease enter my order for "Silent Night." I understand I ed SEND NO MONEY NOW. I will be billed $29.50,* nen my plate is shipped. *Limit: one plate per customer.*

s a total of $3.19 postage and handling, and sales tax where applicable.
plate price in Canada is $37.50.

Signature

Mr. Mrs. Ms. ( )
(Circle One) Name (Please Print) Telephone

Address

City State Zip

5511-E81201

Christmas
FROM THE OLD WORLD

continued from page 50

Finishing: Using black pearl cotton, satin-stitch triangle-shape nose. With pink pearl cotton, make long, V-shape straight stitches for mouth. See photograph on *page 35* for detail.

Dress: Cut 1 bodice front on fold; cut 2 bodice backs on solid line. Cut 10×36-in.-piece gold print for skirt; cut 2×18-in. piece for neck ruffle.

Sew under ⅛ in. along bodice back. Sew front to back at shoulder seams.

Fold neck ruffle in half lengthwise; sew short ends. Turn; gather raw edges together. Pin ruffle to neck edge, ending just beyond center back markings. Turn ½ in. of back edges to right side, forming back facing and encasing ruffle end. Sew ruffle and back facing in place along neckline. Press ruffle up; topstitch neck close to ruffle.

Clean-finish bottom sleeve edge. Press under ¾ in.; hem sleeve by sewing stretched elastic to inside of sleeve along hemmed edge. Gather sleeve top; sew sleeve to armhole. Sew underarm and sleeve seam.

Sew skirt center-back seam, leaving 2½ in. open at top; topstitch opening edges flat. Gather upper edge of skirt; pin to bodice between back-facing fold lines. Turn facing back over skirt ends; sew skirt to bodice. Sew 3 snaps along back. Hem skirt 1½ in.

Jumper: Cut two 9×18-in. skirt pieces of blue print fabric. Sew bodice pieces together in pairs, leaving bottom open; turn. Gather upper edge of skirt pieces; sew to bottom edge of each bodice.

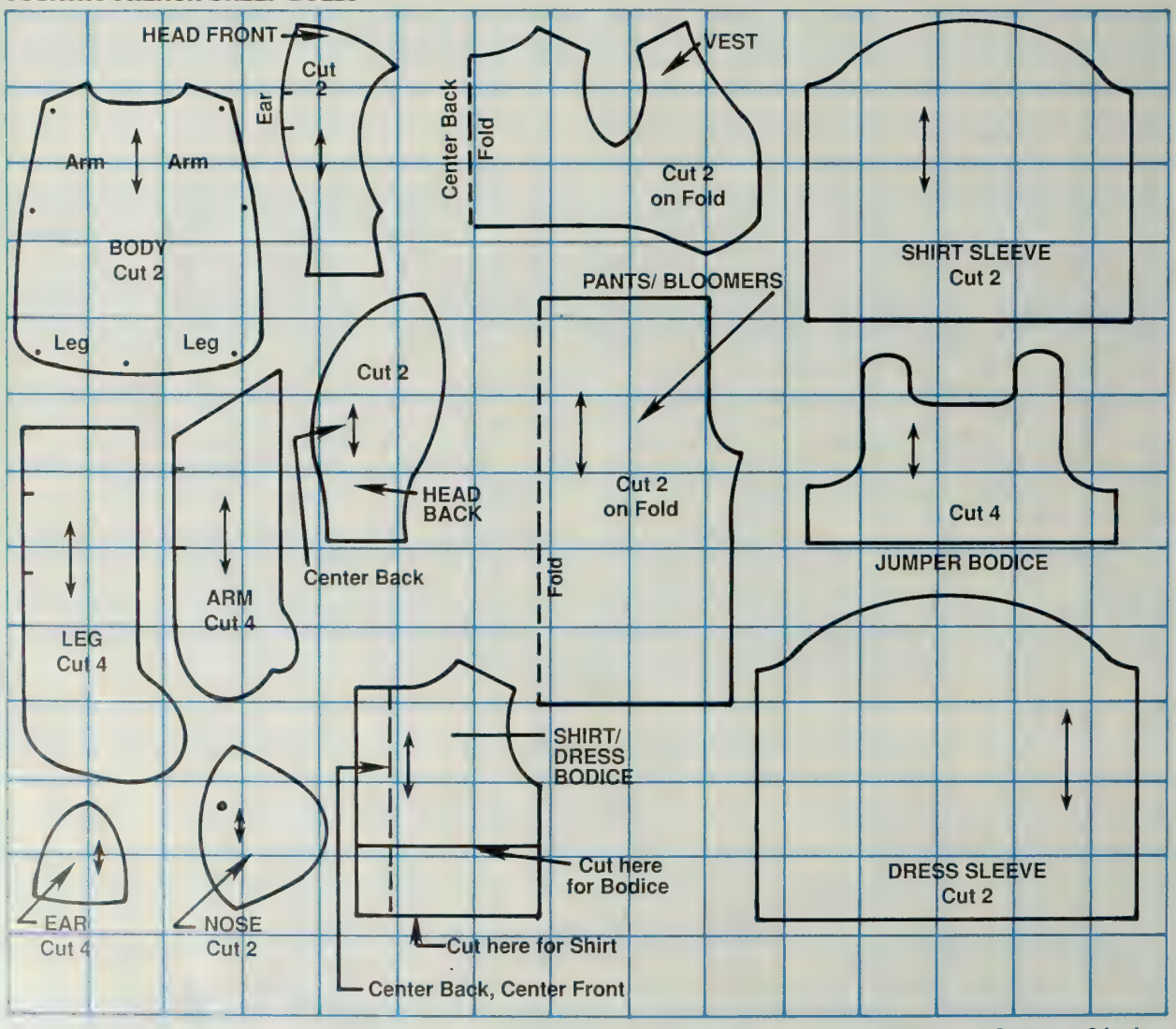
Sew skirt side seams leaving 2¼ in. open at top; topstitch opening edges flat. Hem skirt 1¼ in. Press under raw edges of border print; topstitch to bottom of skirt.

Sew buttonholes in bodice front at sides and straps; sew on buttons.

Bloomers: Sew center front seam. Along upper edge, make casing for elastic; fit to waist and secure ends. Clean-finish bottom leg edges; turn under ¾ in. Sew narrow lace to bottom edge. Cut elastic to fit legs. Hem legs by sewing stretched elastic over hemmed edge. Sew center back seam; sew inner leg seam.

continued on page 58

COUNTRY FRENCH SHEEP DOLLS



1 Square = 2 Inches

WHAT'S THE ONE HOLIDAY GIFT DOGS CAN'T WAIT TO GET?



Free Pupperoni™ in a Free Kibbles 'n Bits™ Holiday Stocking!

Look in specially marked holiday bags of Kibbles 'n Bits™!



DOGS KNOW. KIBBLES WITH BITS ARE BEST!

© 1990 The Quaker Oats Company

WE'VE TAKEN THE WRINKLES



Ironing is easy when you've got plenty of deep-penetrating steam. That's why we built the Norelco® E-Z Steam™ Irons with a bigger steam chamber than the competition. In fact, our E-Z Steam Plus™ delivers up to 75% more steam than the leading iron. And Norelco's state-of-the-art steam system lets you adjust the steam power for different fabrics. With steam that lasts and lasts without constant refills. So get a Norelco. And find out how easy ironing can be.

Norelco®

Christmas FROM THE OLD WORLD

continued from page 56

Shirt: Cut 1 shirt back on fold; cut 2 shirt fronts on solid line. Sew under ⅛ in. along front edges. Sew front to back at shoulder seams.

Gather sleeve top; sew to armhole edge. Make casing at lower edge of sleeve; insert elastic and fit to arm. Secure ends of elastic. Sew underarm and side seams.

Turn under front facing along fold-line. Narrowly hem shirt bottom.

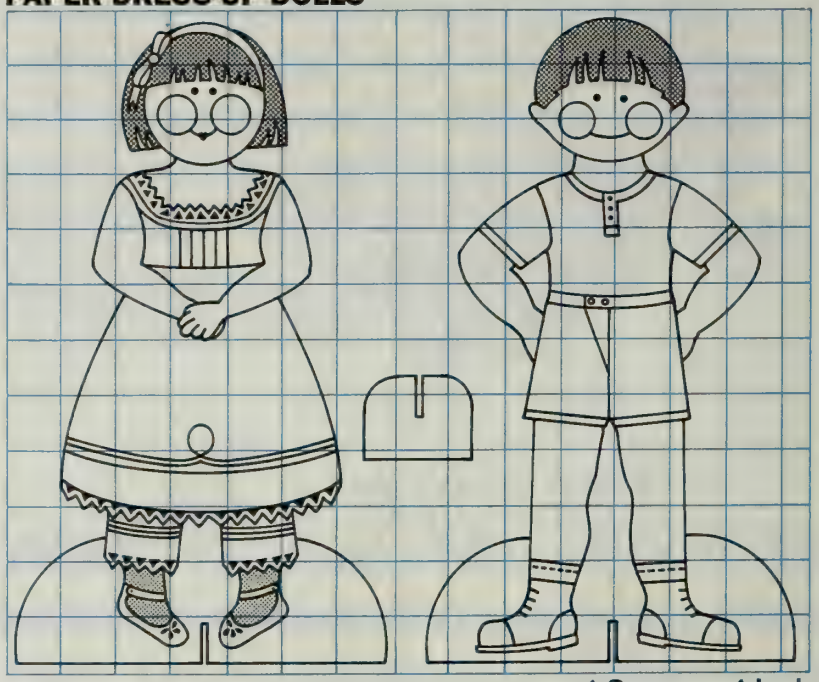
For neck binding, cut 1-in.-wide bias strip from shirt fabric. Sew bias to neck edge, turning under ends at front edges. Turn ½ in. of front edges to right side, forming facing and encasing raw edge of neck.

Sew buttonholes and buttons to front; sew snap to top of neck.

Pants: Sew in same manner as bloomers, omitting lace at bottom edge. Make casing at leg bottom edge for elastic; adjust elastic to fit.

Vest: Sew vest to vest lining around outer edges, leaving shoulder seams open and opening at bottom. Turn; sew shoulder seams of vest fabric together, keeping lining free.

PAPER DRESS-UP DOLLS



1 Square = 1 Inch



Slip-stitch bottom opening closed. Turn under seam allowance on shoulder seam of lining; slip-stitch. Topstitch vest edges.

Necklace: Thread ribbon through bell; tie in bow for necklace.

PAPER DRESS-UP DOLLS, page 42

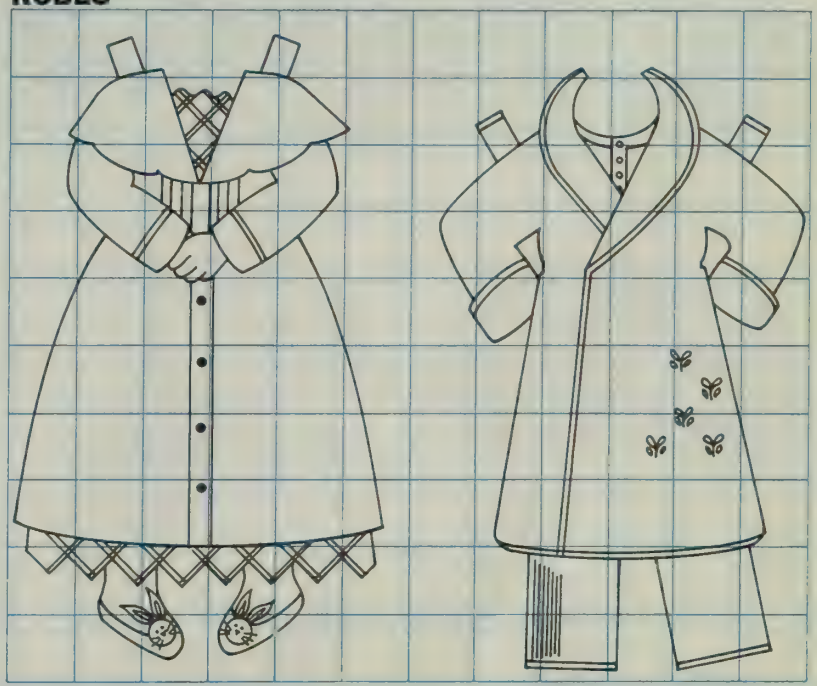
To order kit, see page 161.

Materials: 12×14-in.-piece illustration board or cardboard; wallpaper, wrapping paper, and crafts paper scraps; lightweight white paper for clothing bases; 8-in. length ½-in.-wide ribbon for boy's bow tie and girl's sailor dress bow; 7-in. narrow cord for boy's robe; 12-in. narrow cord for girl's robe; 4-in. paper doily for girl's robe collar; assorted markers or colored pencils; transparent tape; rubber cement or glue; tracing paper; crafts knife; sewing machine or tracing wheel for piercing girl's lingerie.

Instructions: Finished size, approximately 6½×12 in. Enlarge pattern on *pages 58, 59, and 60* to scale.

Dolls: Trace outline of doll patterns and stands onto illustration board or cardboard. Color hair, face details, and girl's shoes with markers. Cut out. Smooth edges with sandpaper.

ROBES



1 Square = 1 Inch

Trace and cut out undergarments and boy's sock tops from white crafts

continued on page 60

continued from page 58

paper. Using needle, tracing wheel, or sewing machine (without thread), pierce details as follows: For girl, all solid lines on slip and bloomers; for boy, solid lines along neckline and sleeve of shirt, hem or shorts, and dotted line of sock tops. Trace and cut out boy's boots. Cut out shaded areas of zigzag trim on girl's slip with crafts knife. *Note:* Pierced and cut details can be drawn if desired. Draw on all other detail lines. Glue undergarments to dolls.

Color girl's and boy's elbows and boy's knees pink.

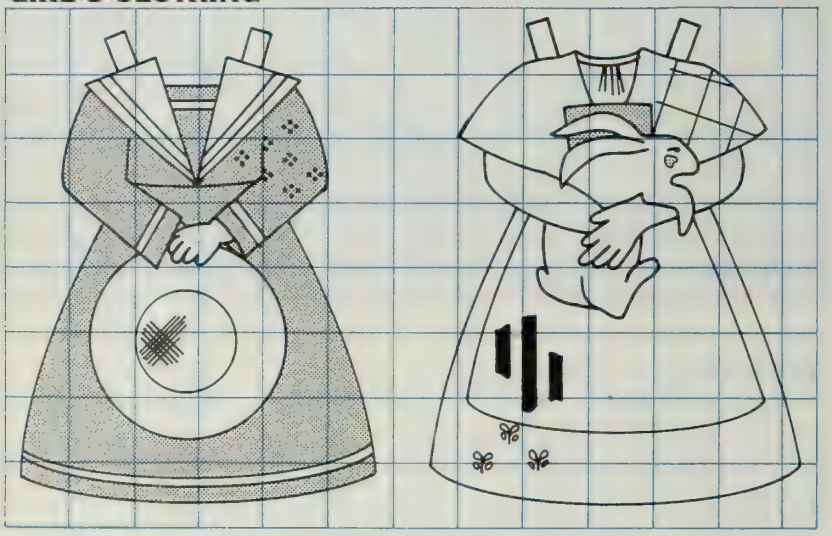
Clothing: For each piece of clothing, trace complete design onto white paper. Check for fit on doll. Detail by coloring design with markers or cutting and gluing paper scraps in place as desired. Complete detailing by drawing on top of all glued-down papers. *Note:* Patterns for some clothing have partial design such as stripes, plaids, or dots shown to give suggestion for drawn-on detailing or pattern of paper to use.

Reinforce tabs with tape on back.

Add trims as desired or as follows: Girl's robe with doily collar and bow tied from cord; girl's sailor dress with ribbon bow; boy's knicker outfit with ribbon bow tie; and boy's robe with cord belt. Glue on as necessary.

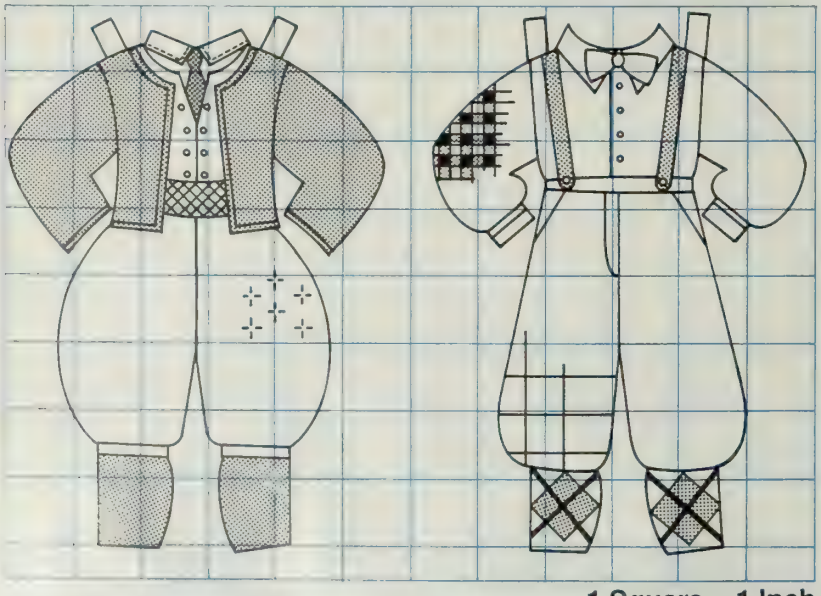
Finishing: Cut stand for each doll from illustration board or cardboard. To stand doll upright, interlock slots of stand and doll.

GIRL'S CLOTHING



1 Square = 1 Inch

BOY'S CLOTHING



1 Square = 1 Inch

CROCHETED BASKETS, page 35

Materials: J. & P. Coats Knit-Cro-Sheet; size 1 steel crochet hook; 4-in.-high plastic egg (such as a foam plastic egg covered in plastic wrap or a pantyhose container); 1-in.-diameter plastic curtain ring; fabric stiffening solution; white or crafts glue.

Instructions: ***Basket:*** Ch 6.

Rnd 1: Sl st to form ring; ch 3, work 15 dc in ring; join with sl st to top of beg ch-3; 16 dc (beg ch-3 counts as first dc).

Rnd 2: Ch 1, sc in joining and in each dc around—16 sc; join to beg ch-1.

Rnd 3: * Ch 5, dc in next sc. Rep from * around—16 ch-5 lps; join to first ch of beg ch-5.

Rnd 4: Make 2 sl sts in beg lp of Rnd 3, ch 8, * dc in next ch-5 lp of Rnd 3, ch 5. Rep from * around; join to 3rd ch of beg ch-8.

Rnds 5-6: Rep Rnd 4.

Rnd 7: Make 2 sl sts in beg lp of Rnd 6, sc in same lp, * ch 3, sc in next ch-5 lp. Rep from * around, ending with ch 3, join to first sc of rnd.

Rnd 8: Ch 6, * dc in next dc, ch 3. Rep from * around, joining last ch-3 to 3rd ch of beg ch-6. Fasten off thread.

Handle: With right side of basket facing, join thread in any dc of Rnd 8.

Row 1: Ch 7, sk ch 3 of Rnd 8, dc in next dc; turn.

Row 2: Ch 7, dc in 4th ch from joining on Row 1; turn.

Row 3: Ch 7, dc in 4th ch of ch-7 of previous row; turn.

Rep Row 3 until length of handle, when plastic egg is inserted in basket (broad end down), extends to basket rim at a point directly opposite of joining. Sl st to basket rim, fasten off thread, and tie in all threads.

Base: Sc over curtain ring until ring is thoroughly covered.

Finishing: Following package directions, apply stiffening solution to basket and slip in place over plastic egg. Treat crocheted base similarly. Let both pieces dry and glue base to basket bottom.

1989 Duracell, Inc.



SANTA'S LITTLE HELPER.





©1990 Whirlpool Corp

Why wait years for what Whirlpool gives you in 10 seconds flat?

Smooth-top ranges have been a mixed blessing. They cook fine...with special cookware...once they finally heat up. And they're easy to clean...except in the corners...and where they yellow and stain.

Maybe someday every smooth-top will have a sealed-in surface that solves all these problems. But Whirlpool has a freestanding range that can do it today.

Our new CleanTop™ range brings smooth-top cooking and cleaning performance to a new level. The elements heat up in a remarkable ten seconds. Without needing any kind of special cookware.

And Whirlpool gives you an important edge in easy cleaning...edges sealed into an upswept porcelain rim. So there are no metal corners to clean. And the SPILLGUARD™ rim will keep spills from spilling down the sides.

Whirlpool® ranges, like every appliance we make, are built to work hard and last a long time. For more information on the CleanTop range, or any of our appliances, just call 800-253-1301, toll-free, 24 hours a day.

So why wait for a smooth-top range that gives you all this, and heats up in ten seconds flat? Whirlpool has it today.

Whirlpool
Home Appliances

Quality you can count on...today

®Registered trademark/TM trademark of Whirlpool Corp.



Crafting a Colonial Christmas

"I'M NEVER HAPPIER *than when I have a fresh piece of jute in my hands, a whole basket of yarn, and an idea in my brain. I could just sit there for two weeks. It's my calling. I love it. I love the way it looks, I love to see all the little stitches and textures. It's great." That's how hooked-rug artist Claire Murray describes her work.*



Claire, shown above with her husband, Robert Sarvis, their children Rob, Kari, and Cathy, and Sambuca the cat, has hooked her way into the hearts and homes of thousands. In three short years, Claire has turned her passion into her livelihood, designing and producing hooked rug kits as well as finished pieces for crafters and craft-lovers worldwide.



An artist by trade and a crafter by choice, Claire's interest in traditional colonial crafts goes back to her childhood. She's been spreading that knowledge to others



PHOTOGRAPHS: WILLIAM SITTES. DESIGN CREDITS, SEE PAGE 151



BY
JILANN SEVERSON

Colonial Christmas

continued from page 63

since 1976. That's when she bought a Nantucket, Massachusetts inn.

"I was newly divorced and had a young daughter to support. I later realized it's a short season. You have to make all your income in about four months. So I decided to do seminars to stretch my season," she says.

She began offering workshops on traditional colonial crafts in the months before and after peak tourist times.





Patchwork stars, paper spirals, and old-fashioned beads and ornaments fill a colonial-style tree.

Claire's love of quilts shows in the Baby Bunting Pillows and Irish Chain Quilt in the living room.



Colonial Christmas

continued from page 65

"It was a nice way of combining my living with my interests," she says. It was during this time that she hooked her first rug.

"I had always wanted to hook a rug, ever since the fourth grade when my friend Karen was hooking a rug. I'll never forget it—it was a big star. It was always in the back of my mind," she says. While escorting her daughter's class on a ferry to the mainland, Claire spied a woman hooking a rug in the same way Karen did all those years ago. The woman showed Claire the basics, then recommended a master teacher. Claire has been hooking rugs ever since.





A white picket fence surrounds the tabletop tree strung with cranberry garlands and ribbons filled with dried apple slices. For the table covering, Claire unrolls a hall runner worked in a log-cabin pattern.

Colonial Christmas

continued from page 67



On a 1986 trip to Florida, Claire met another Nantucket resident, entrepreneur Robert Sarvis. The rug she was hooking caught Bob's eye. He had just purchased Nantucket Needleworks, the company where Claire bought her yarn, not for the yarn but for the property.

"When I discovered he'd bought the yarn company, I said 'Do you know you have all this wonderful yarn?' He knew he had yarn, but he didn't understand how great it was.

"We met that morning, had lunch that same day, and were married six weeks later. We haven't stopped one



Father Christmas, (*far left*) standing tall on pinecone legs and dressed in brocade and fur, brings a twig sleigh and bags of miniature apples when he makes his yuletide visit.

Nine candles burn brightly from a dowel tree (*left*) where beribboned apples gracefully hang.

Colonial Christmas

continued from page 69



Claire Murray designed this oval Cat Rug exclusively for *Better Homes and Gardens®*.

"Purists have all these rules. That's a lot of poppycock. You should be free to make beautiful things."







Metallic gold threads shine on a Candle Sampler (*above*) that calls out holiday greetings. A zigzag border of red and white triangles frames an Irish Chain Quilt (*left*).

Instructions begin on page 72.
To order kits and patterns, see page 161.
Buying information, see page 149.

day since. We've pooled our talents," she laughs.

"I liked her designs and felt they had great commercial value. Claire had been storing up these ideas for years," Bob explains. The marriage of Claire's love of crafting with Bob's marketing skills and her designs with his yarn company gave birth to Claire Murray, Inc. Their finished rugs, kits, and yarns are sold worldwide.

National taste test proves

Fisher® Mixed Nuts Beat The Famous Mixed Nuts



©1990 P&G

n a recent blind taste test, isher® Mixed Nuts beat the ading national brand by a utslide.

Fisher has a delicious idea. We fresh-roast each of our mixed nuts separately --each for the right time, each at the right temperature. So each nut retains its own fresh flavor. And that's why Fisher tastes fresh-opened.

And there's nothing mixed up about that.

What could be Delisher than Fisher?

Tobacco Co. 1990

1 mg. tar, 0.1 mg. nic.



10 packs of Carlton have less tar than 1 pack of these brands.



17 mg. tar 1.1 mg. nic. | 15 mg. tar 1.0 mg. nic. | 17 mg. tar 1.1 mg. nic. | 12 mg. tar 0.9 mg. nic. | 15 mg. tar 1.0 mg. nic.



U.S. Gov't. Test Method confirms of all king soft packs:
is lowest.

1 mg. tar, 0.1 mg. nic.

King Size Soft Pack: 1 mg. "tar", 0.1 mg. nicotine.
[illegible] all brands. Ultra Carlton: less than 0.5 mg. "tar"
[illegible] mg. nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Colonial Christmas

continued from page 70

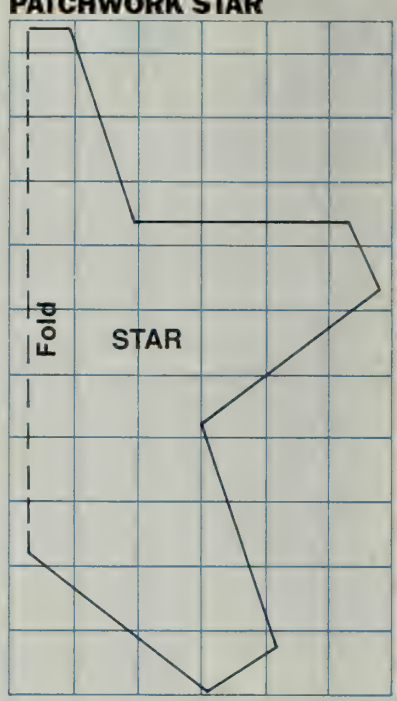
PATCHWORK STAR, page 65

Materials: *For each star:* Old quilt blocks or patchwork; 30-in. length ⅜-in.-wide ribbon; 21-in. length ½–¾-in.-wide lace; 5 gold jingle bells; 12×12-in. piece backing fabric; polyester fiberfill.

Instructions: Finished size, approximately 10 in. Unless otherwise stated, sew with right sides facing; pattern includes ¼-in. seams.

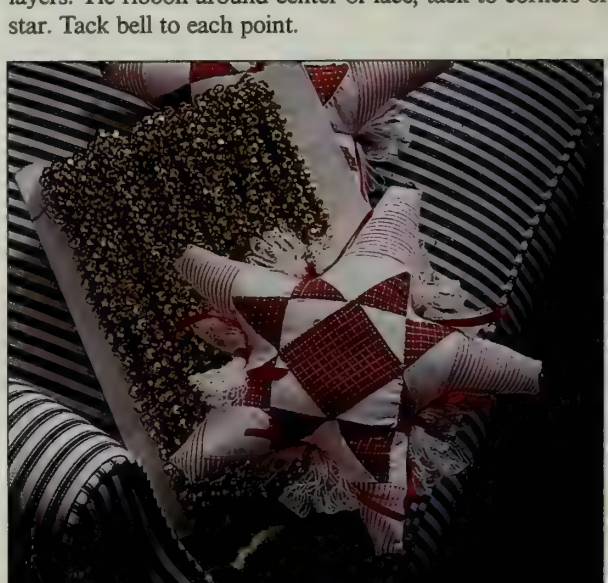
Note: The star shown *below* was made from old quilt squares. If old quilt squares are not available, piece new fabrics in desired patterns.

PATCHWORK STAR



Enlarge pattern (*above*) to scale (320 percent). Cut front on fold. Cut 2 backs along dotted line, adding seam allowances; sew together leaving opening. Sew front to back; clip corners. Stuff; slip-stitch back opening closed.

Fold lace back and forth in 3-in. widths finishing with 7 layers. Tie ribbon around center of lace; tack to corners of star. Tack bell to each point.



A Patchwork Star from old quilt blocks



Paper Spirals of construction paper

PAPER SPIRALS, page 65

Materials: Several shades of red and green construction paper; silver or gold adhesive-backed vinyl.

Instructions: Adhere adhesive-backed vinyl to construction paper. Using a compass or tracing around a plate, draw circles 4–6-in. in diameter onto paper; cut out circles. Beginning at outer edge of circle, evenly cut in spiral fashion to center of circle. *Note:* The narrower the cut strip is, the longer the spiral will be.

MINIATURE FENCE, page 66

Materials: 30-in. piece 2×2; 10×10-in. scrap ½-in. pine; scraps ¾-in. pine for rails and pickets; glue; 1½-in. and ½-in. finish nails; paint.

Instructions: Finished fence post height, approximately 8 in.

Cut four 2×2s 7 in. long for posts. To make placement holes for fence rails, make ¼-in.-wide × ½-in.-deep rip at center, going the full length of 2 adjoining sides of each post.With top of top slot 1½ in. from post top, bottom of bottom slot 1½ in. from post bottom, and 3-in. space centered between slots, refit rips with ¼-in.-wide × ½-in.-deep wood strips. *Note:* Slot size is ¼ × 9/16-in. Glue in place.

From ½-in. stock, cut four 2½-in. squares and four 1½-in. squares. Center and glue larger squares to top of each post. Center smaller square on top; glue and nail in place.

Using ¾-in. pine lumber for fence sections, cut 2 rails for each section ½ in. wide by ¼ in. thick to desired length. Cut pickets ¾ in. wide by ⅛ in. thick by 7 in. tall.

Lay rails horizontally 3 in. apart. Center pickets on rails spacing ¾ in. apart leaving 1¼ in. at each end. Glue in place. If nailing, sand off nail points on back.

Paint as desired. Set fence up fitting rails into posts.

BABY BUNTING PILLOW, page 65

Materials: 45-in.-wide fabric in following amounts and colors: ¼ yd. each of red and white cotton, ½ yd. wool plaid for back and piping; 2 yd. red piping; 2 yd. ½-in. cotton cable cord; pillow form; cardboard or plastic for templates.

Instructions: Finished pillow top, approximately 14 in. square. Finished patchwork square, approximately 3½ in. square. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Transfer pattern shapes on *page 74* to paper. *Note:* Pattern is full-sized. Add ¼-in. seam allowances to all sides of each shape; make and cut templates for pieces A–E.

continued on page 74

Do Something Good for your Environment.

Lately, there's been a lot of concern about protecting our environment. And there are lots of ways we can help, without removing all of the comforts of life. Like choosing products that are good for the environment inside and out.



On a cold and wintery day, there's nothing more comforting than a cozy fire. But burning cordwood in your fireplace can emit pollutants to the environment.

Independent research* indicates sawdust and wax firelogs produce less smoke and pollutants than ordinary firewood. In fact, tests show that Duraflame firelogs produce two-thirds less smoke than an equivalent cordwood fire.

Duraflame firelogs light easily, with just one match. No messy newspaper or kindling required. And best of all, one "Giant Size" Duraflame firelog will burn for over three hours. So you can spend more time enjoying the fire, and less time tending it.



Just remember, the next time you light a fire, do something good for your environment.

duraflame®

© 1990 Duraflame, Inc. *Research performed by Shelton Research on Duraflame and two other leading firelog brands.

One Of The 13 Million Times Each Da
Genie® Rises To The Occasion.

Colonial Christmas

continued from page 73

From red fabric, cut 16 D pieces, 48 B wedges, and 32 C pieces.

From white fabric, cut 16 E pieces and 64 A wedges.

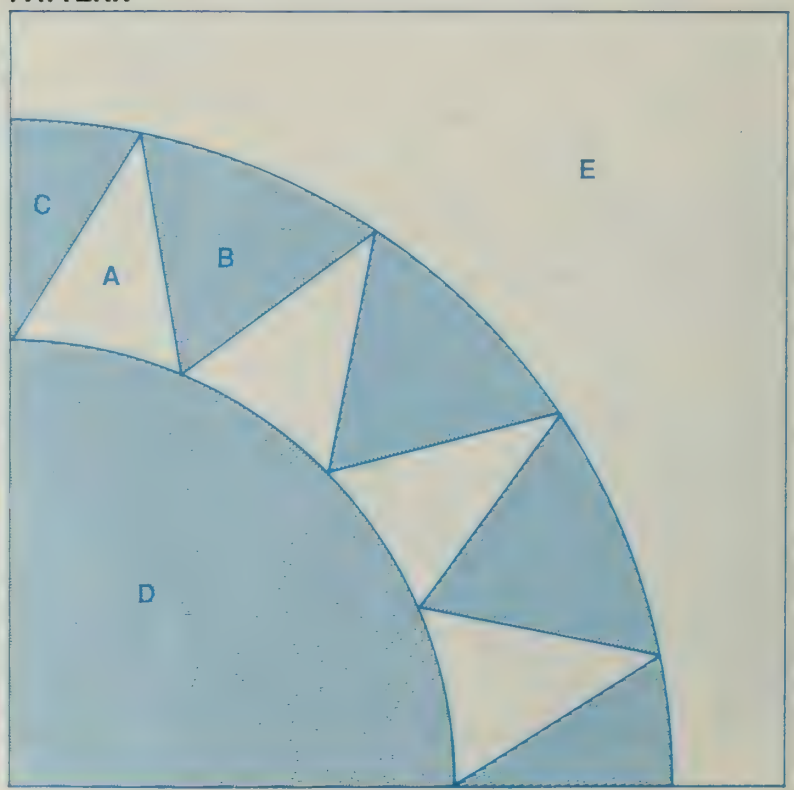
To make 1 Baby Bunting patchwork square, refer to diagram (*page 75*). Sew together A, B, and C pieces into curved piece. Fold D and C pieces in half to find center of curved edges. Sew ABC unit to curved edge of D, matching edges and centers. Sew ABCD unit to curved edge of E, matching ends and centers.

Make 16 Baby Bunting squares. Lay out squares according to Block drawing (*page 75*). Sew together in rows; join rows.

Cut pillow back same as pillow top. Baste red piping to pillow top having raw edges even. Cover cable cord with

BABY BUNTING PILLOW

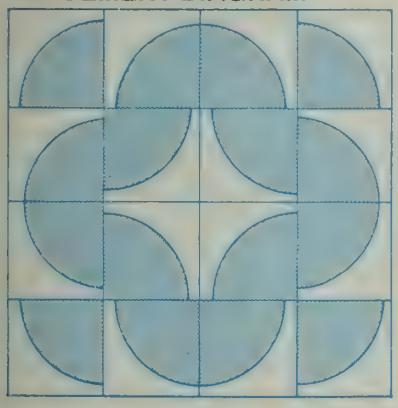
PATTERN



For over 35 winters, Genie has been making the garage door
eners more people count on than any other. Our reputation
reliability and safety grows with each passing trouble-free
r. In fact, Genie's exclusive solid steel Screw Drive technology
o reliable it allows us to offer the Genie Pro-Tech® warranty
up to 10 years of protection. And every Genie we make is
backed by the largest dealer network in the business. So replace
your old opener with a safe, secure, durable Genie Screw Drive.
There's a dealer nearby. Just call 1-800-87-GENIE.
In Canada, call 1-800-363-0955.
UL Listed For Safety CSA Certified
uilt For A Lifetime Of Ups And Downs.™ GENIE
ie is a Registered Trademark of Genie Manufacturing, Inc., Alliance, OH 44601.



BABY BUNTING PILLOW PLACEMENT DIAGRAM



wool plaid; baste to pillow top over red piping. Sew top to pillow back leaving 1 side open. Insert pillow form; slip-stitch opening closed.

FATHER CHRISTMAS, page 68

To order kit, see page 161.

Materials: *For Father Christmas:* 2 Scotch pine pinecones, approximately 6 in. long; two 2½-in.-long 1¼-in. cardboard tubes; 8×8-in. piece lightweight cardboard; two 18-in.-long pieces 18- gauge wire for legs; one 18-in.-long piece 16-gauge wire for arms; 7½×4×1¾-in. block plastic foam; small package flesh-colored oven-bake clay such as Fimo (available at crafts stores); two ¼-in.-diameter plastic eyes with shanks; red and yellow ochre acrylic paint; gloss spray varnish; small box of BBs or other weight; hot glue gun and clear glue sticks; white glue; polyester fiberfill; aluminum foil; muslin scrap for head; 12×11-in. knit pinecone-colored fabric; 45-in.-wide fabric in following amounts: ¼ yd. teal suede cloth for tunic, ½-yd. emerald-colored brocade for coat, and ⅛-yd. gray fake fur for boots and coat; 2 yd. ½-in.-wide trim for coat; ½-yd. cord for belt; 4 squares brown felt for boots and gloves; roving or sheep wool for hair and beard; 6 small bells; carpet thread; long doll needle; 20-in. twig for walking stick; 20-in. red fabric or leather cord (such as boot laces); small net bag; small artificial apples; hair spray.

For twig sled and bag: ¼- and ½-in.-diameter twigs; twine; hot glue gun and glue sticks; ¼ yd. felt for bag; 2 yd. leather or fabric cord (such as boot laces); small pinecones and artificial apples; holly twigs; dry beans; polyester fiberfill.

Instructions: Finished size of figure approximately 18 in.; sled, approximately 17 in. long. Enlarge pattern on *page 76* to scale (400 percent).

Legs: Spray pinecones with varnish; dry. Insert narrow end of cone into cardboard tube, pushing cone in about ¾ in.; hot-glue edge. Turn tube over; squeeze hot glue into tube around sides of pinecone. Fill tube with BBs or other weights to within ½ in. of edge; stuff with fiberfill.

On double thickness of felt, trace around boot pattern. Sew on line beginning at X and continuing up center front. Leave top and bottom open. Trim excess, clip curves, and turn. Turn under bottom edge ⅛ in.; baste. Stuff toe; slip boot onto cardboard tube of leg. Continue to stuff foot portion of boot. Repeat for other leg.

continued on page 76

Colonial Christmas

continued from page 75

Cut 2 soles from lightweight cardboard and 2 from felt, cutting felt sole ¼ in. larger all around. Glue cardboard sole to felt sole with white glue, turning felt edges to back. Sandwich between waxed paper; weight and dry.

Pin sole to bottom of boot, felt side out. Whipstitch edge of sole to edge of boot adding fiberfill if needed.

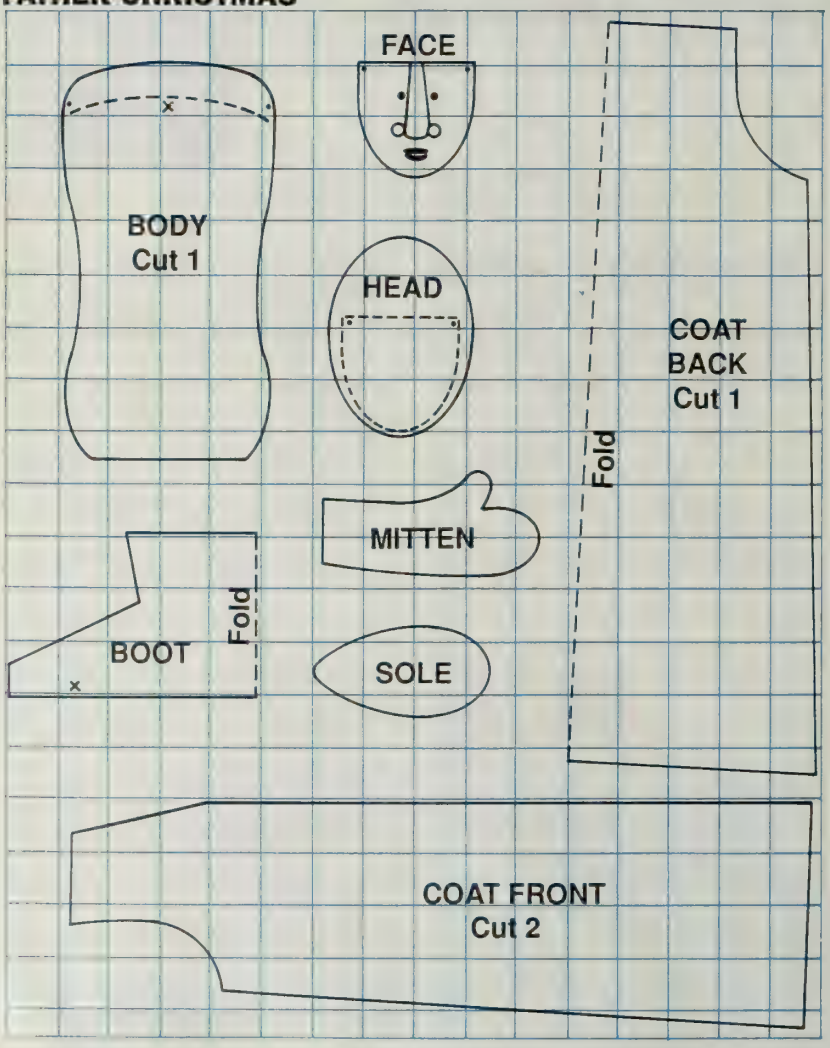
Glue 1½-in.-wide strip fake fur around top of each boot, making sure cardboard is covered. Sew bell to toe of each boot. Tie 10-in. length of red cord to fur-trimmed boot top.

Mark center of 1 piece 18-gauge wire; wrap around top of 1 pinecone, slipping it under top row of petals. Criss-cross wire when it meets; bring ends straight up, one on each side of leg. Clip off excess wire, leaving 3-in. length extending above pinecone. Run row of hot glue over area wrapped by wire. Repeat for other leg.



Father Christmas and his twig sleigh

FATHER CHRISTMAS



1 Square = 1 Inch

Body: Carefully cut body from plastic foam with knife. Round off edges to shape body. Curve back at shoulders along dotted line.

Coat leg wires with white glue; insert into bottom edge of plastic foam body until top of pinecone is flush with bottom of plastic foam. Apply more glue; let dry.

Arms: Insert 16-gauge wire piece through body at dots, centering. Bend wire down for arms. Make small loop for hand at end of each wire. Cover wire arms with fiberfill until 2½ in. in circumference; wrap with carpet thread to secure.

Cover body with light layer of fiberfill to soften. Fold knit rectangle in half to measure 6×11 in. Slash folded edge down 3½ in. from one end. Lay knit over body with slit fitting under 1 arm. Pull raw edges to other side of body and pin together at underarm; whipstitch in place. Pull remaining edges around arm to top of body. Fold under excess fabric at top; pin. At bottom edge of body, pull front and back pieces of knit together between leg; tack together using carpet thread dividing knit into leglike separations. Turn under raw edges around bottom; run gathering thread around each knit leg. Pull knit snugly over top of pinecone. Knot off; repeat for other leg.

Run row of hot glue around edge of knit leg where it meets pinecone. Return to top, remove pins; whipstitch excess fabric down.

Head: On double thickness of muslin, draw around head pattern. Sew on line, leaving opening for turning; cut away excess fabric. Clip, turn and stuff; sew opening closed.

Face: Knead half of clay until pliable. Roll clay to ⅛-in. thickness. Lay face pattern on clay; cut out with knife. With toothpick, poke hole at dot at each upper corner of face. For nose, roll coil of clay that measures approximately 1½×⅜-in. diameter making one end narrower. Flatten other end to make it wider and squarer for tip of nose. Roll 2 balls, approximately 3/16-in. diameter; place 1 on either side of nose at widest end; blend to form nostrils. Gently press nose to center of face. Smooth top end into forehead. Roll 2 small coils for mouth; press to face. Poke 2 holes large enough for eye shanks.

continued on page 78

The Purex Wash Cycle.

The Oxford Cloth Shirt
circa 1952
Came in a wide variety of colors including white, white and white.



The Poodle Skirt
circa 1958
Just because it had a poodle on it didn't make it man's best friend.



The "Feelin' Groovy" Ensemble
circa 1968
Frequently accompanied by peace sign necklaces, sandalwood incense and Eastern thought.



The Polyester Leisure Suit
circa 1974
Often seen with Quiana shirts and an array of alluring gold chains.



Neon Jams
circa 1989
For skateboards, surfboards, but definitely not school boards.



Over the years, trends have come and gone. But the Purex name has always been a part of your family. All Temperature Purex® Detergent.



Because clean never goes out of style.

©1990 The Dial Corporation

Colonial Christmas

continued from page 76

Shape foil to shape of head. Place face on foil, shaping to have same curve as head; bake.

Mix yellow and red paints to make peach. Thin with water; accent cheeks, lips, and nose. Glue on eyes.

Place face on muslin head; sew with carpet thread, going through holes in upper corners of face. Glue remaining edges to head; set aside to dry.

Note: For clothing, unless otherwise stated, sew with right sides together using ¼-in. seam allowance.

Mittens: Draw around pattern on double thickness of felt. Sew on line, leaving top open. Trim excess felt; clip curves. Turn; stuff thumb and lower finger section. Slip mitten over end of wrapped arm wire, pushing wire down even with thumb area. Sew top of mitten to arm stuffing.

Tunic: Cut 9×22-in.-piece suede cloth. With right sides together, fold in half to measure 9×11 in. Beginning at bottom raw edge and stopping 2 in. from top fold, sew each side together. Narrowly hem lower edge. Turn right side out and slip over body, pulling arms through side openings. Run gathering stitch across top along fold. Gather fabric to fit across top edge of body. If desired, slip-stitch to body, blousing slightly. Tie cord around tunic. Sew 4 bells to cord across front.

Coat: Cut coat from brocade. Sew front to back at shoulders. Cut two 8×9-in. rectangles for sleeves. Sew one 8-in. side of each rectangle to armhole. Sew side and underarm seams. Turn under ½ in. along fronts; sew or glue in place. Narrowly hem coat bottom. Glue or sew trim ⅜ in. from edge of fronts and along coat bottom.

Slip coat on over arms and body. Baste excess length of sleeve to inside. Cut two 1×8-in. strips of fake fur; glue around bottom sleeve edge. Glue trim around each sleeve above fur.

Hood: *Note:* Hood is attached to both body and coat. Cut 11×12-in. piece brocade. Fold into 6×11-in. piece, right sides together. Sew across short sides; turn. Refold rectangle so seams match, becoming center back seam. Turn under raw edges; sew. Attach trim ⅜ in. from front hood edge.

Place bottom edge of hood along body front as indicated by dotted line. Gather edge of hood to fit allotted space, leaving 1 in. on each side free.

Sew hood to body, sewing through coat and tunic fabric. Sew head to body at X with carpet thread, sewing through all layers of fabric.

Beard and hair: Pull apart roving or wool to make fluffy beard and hair. Apply glue to muslin portion of head along top sides and bottom edges. Press wool around head and under chin, covering muslin. Secure with pins until dry. Spray with hair spray.

Pull thin length of wool; glue under nose. Lightly stuff fiberfill into back of hood; pull hood up to face edge.

Finishing: Fold mitten of one hand around walking stick; tack together. Fill net bag with apples. Gather end of bag together; tack other mitten around it. If bag is slung over shoulder, tack bag to shoulder.

Twig sleigh: For runners, cut two ½-in.-diameter branches 17 in. long. Cut four ¼-in.-diameter twigs 3 in. long for vertical supports. Hot-glue 2 supports to each runner, gluing one 5¼ in. from one end of runner and the other 4 in. from other end of runner. Tie twine around support and runner for strength. Repeat for other runner.

For sleigh bed, cut enough ¼-in.-diameter branches into 12-in. lengths to measure 5 in. across when laid side by side. Beginning 1¾ in. in from each end, lash twigs together in over-and-under figure-8 style. Knot twine on back of last branch.

Glue support branches to underside at center and at each row of twine.

Glue runner to each side of sleigh bed, gluing vertical runner support to bottom of sleigh bed next to support branch covering twine. Glue support branch between runners at vertical supports. Tie 40-in. cord to front supports of runners.

Bag: Cut 8×16-in. felt piece; fold to measure 8×8-in. Sew across bottom and up one side stopping 1½-in. from top edge. Weight bag with approximately 1 in. of dry beans; fill with fiberfill to within 3 in. of top. Add pinecones, apples, and holly sprigs. Turn down top edge of bag; tie remaining cord around bag.



Candle Tree of wooden dowels

CANDLE TREE, page 69

To order kit, see page 161.

Materials: 1 board foot C select pine; 2 ft. ½×2 piece for disks; two ½-in. dowels; one 1-in. dowel; paint.

Instructions: Finished height, approximately 31 in.

For base, cut 10-in.-diameter disk. Drill 1-in. hole through center. For candle holders, cut nine 1⅞-in. disks. Drill ⅜-in. hole through each center.

For main upright branch, cut 1-in. dowel 30 in. long. Drill ½-in. holes through dowel at 6-in. intervals.

From ½-in. dowels, cut one 8-in., 12-in., 16-in., and 20-in. lengths for arms. Marking 1½ in. in from end of each dowel and using wood rasp or band saw, notch a flat space to set candle-holder disks.

Glue and insert 1-in. dowel into base. Insert dowels into main upright branch, starting at top with shortest and working to bottom with longest. Glue disks in place on dowels; glue disk at top of 1-in. dowel.

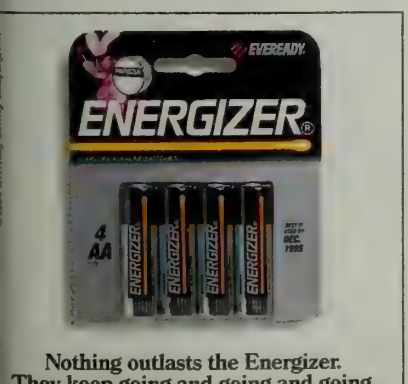
Paint as desired.

CAT RUG, page 70

To order kit, see page 161.

Materials: 32×38-in.-piece jute rug canvas; 2-oz. skeins Claire Murray Nantucket Needleworks wool rug yarn in following amounts and colors: 4 No. 2 whalebone, 3 No. 120 ebony, 2 each of No. 108 juniper, No. 33A brick red, and No. 28 cranberry pink, 1 each of No. 8 mustard seed, No. 12 primrose yellow, No. 26 scallop pink, No. 27 field flower, No. 33C pomegranate, No. 53 robin's egg blue, No. 58 bayberry, No. 59 delphinium, No. 61A cadet blue, No. 68A whaler blue, No. 86 sea green, No. 87 lichen green, No. 89 cedar green, No. 99 whaler

continued on page 80



Nothing outlasts the Energizer. They keep going and going and going.

Colonial Christmas

continued from page 78

brown, No. 102 oatmeal, No. 104 bleached oak, No. 116 hull grey; rug binding; rug hook.

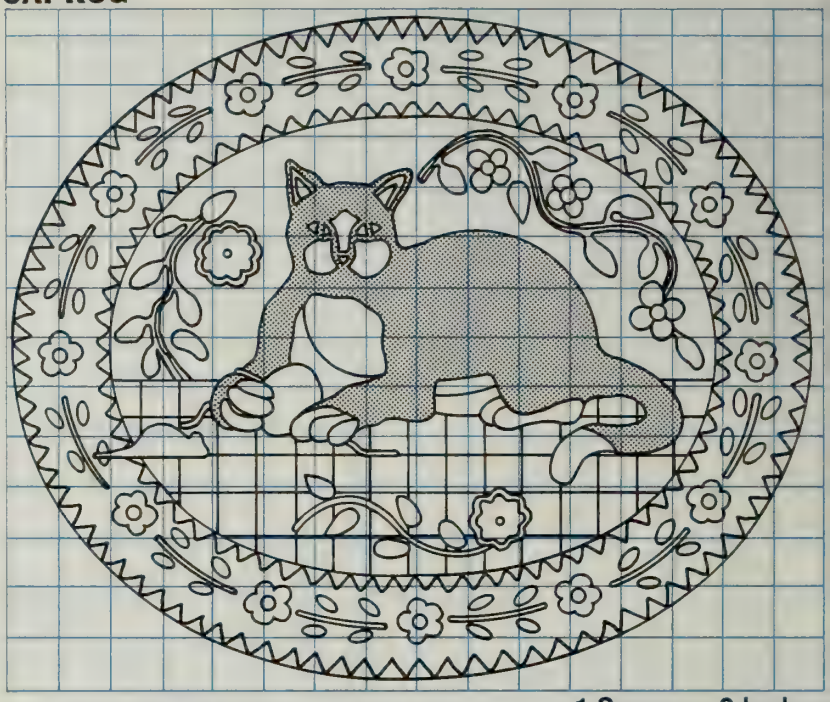
Instructions: Finished size, approximately 26½ × 32½-in. Enlarge pattern (*right*) to scale (800 percent). Transfer to jute.

Preparation: Loosely roll yarn into balls. Tape or zigzag jute edges.

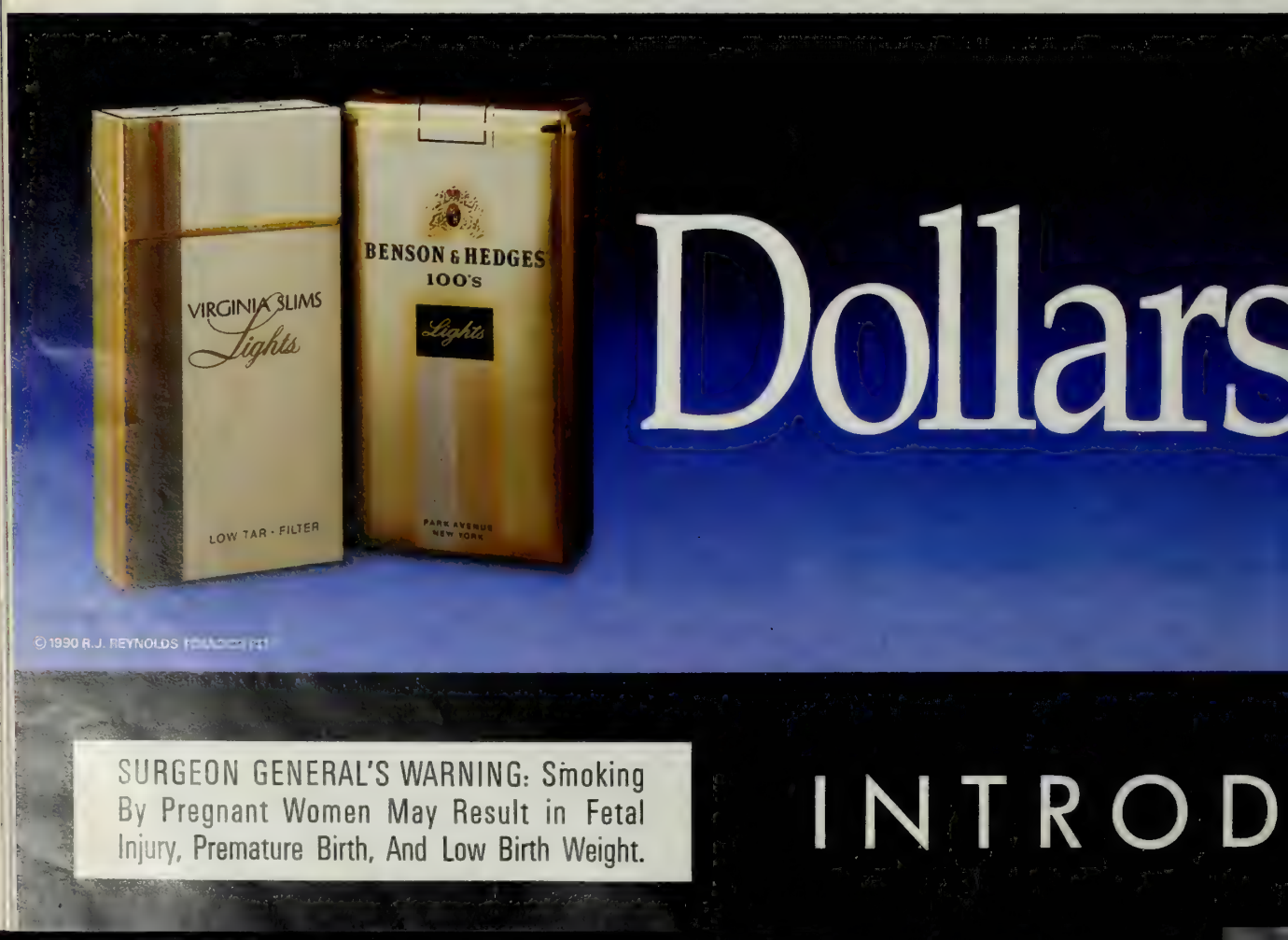
Note: Claire does not use a frame, but forms a "frame" with her legs so hooking may be done anywhere. Sit with feet placed several inches apart. Lay yarn on floor between feet with end reaching to lap. Tuck jute under thighs, keeping it taut. Section of design being hooked should be in middle of lap. It is best to start with color in center of rug.

Technique: Before beginning on rug, practice hooking on scrap jute. With jute on lap, hold yarn in left hand under jute. With right hand, insert hook through jute and catch

CAT RUG



1 Square = 2 Inches





Better Homes and Gardens® Cat Rug

strand of yarn from left hand. Pull yarn up through jute, taking care not to split yarn fibers. Leave tail of yarn approximately 2 in. long. Continue hooking in same manner, leaving ¼- to ½-in. loops on top. *Note:* If left handed, hold yarn in right hand and hook in left hand.

Do not fill every hole in jute. Keep loops close enough so jute does not show and pile is even but far enough apart so rug is flexible. Stitches on back should be flat against jute.

When area is completely filled, bring last loop up approximately 1 in. higher than regular pile. Clip beginning and ending tails even with loops after entire rug is done.

Hooking: Beginning in center and working 1 design at a time, hook outline first and then fill in remaining area. Hook entire rug using the following colors: shaded area of cat, No. 120; eyes, No. 8; nose bridge, No. 102; nose tip, No. 33C; cheeks, No. 2; inner ear, No. 26; outer ear, No. 33C; upper chest, No. 2; lower chest, No. 102; yarn and yarn ball, No. 61A; outer toes on front paws, No. 2; inner toes on front paws, No. 102; upper belly, No. 102; underbelly, No. 2; upper toe on back foot, No. 102; lower toe on back foot, No. 2; tail tip, No. 2; center of flowers by face and tail tip, No. 33C; petals of flowers by face and tail tip, No. 26; outer edge of flowers by face and tail tip, 1 row No. 27; stems around cat, 1 row each No. 89 and No. 86; leaves around cat, alternate No. 86, 87, and 89; centers of flowers to upper right of cat, No. 33C; petals of flowers to upper right of cat, alternate No. 58, 59, and 61A; checkerboard floor, alternate No. 28 and No. 33A; mouse, No. 116; background around cat, randomly work No. 103, 102, 104, and 99; inner and outer zigzag borders, No. 108; background for floral border, No. 2; border stems, No. 89; border leaves, No. 68A; border flower centers, No. 12; border flower petals starting at upper center and working clockwise, Nos. 58, 59, 53, 61A, 53, 59, 58, 59, 53, 61A, 53, 59; outermost border, 2 rows No. 120.

If necessary, block to straighten jute after hooking is complete.

Binding: Sew 1 row of zigzag stitches or 2 rows of straight stitches approximately ½ in. out from hooked edge of rug. Trim excess jute next to stitching. Sew rug binding along edge. Fold binding over edge; press under. Glue or hand sew in place.

IRISH CHAIN QUILT, page 70

Materials: 45-in.-wide cotton fabric in following amounts and colors:

continued on page 82



Colonial Christmas

continued from page 81

3¼ yd. teal fabric, 3 yd. white, 2 yd. red, 5 yd. backing; quilt batting; rotary cutter; cutting mat; ruler.

Instructions: Finished quilt size, approximately 74 in. square. Finished block, approximately 8¾ in. square.

Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances.

Note: Two patterns of blocks, pieced checkerboard and blocks with 4 squares appliquéd in corners, alternate to form Irish Chain Quilt design. Zigzag border is created by piecing together red and white triangles.

Instructions are written for quick-cutting all pieces with rotary cutter and ruler. Cut all strips across fabric width. Blocks are assembled using quick strip-piecing techniques.

Cutting: From red fabric, cut the following: fourteen 2¼-in.-wide strips and five 3¾-in.-wide strips. From 3¾-in.-wide strips, cut fifty-five 3¾-in. squares. Cut each square in half diagonally both directions, cutting each square into 4 triangles. There will be 220 triangles for border.

From white fabric cut the following: seven 2¼-in.-wide strips, twenty-four 9¼-in. squares for appliqué blocks, and five 3¾-in.-wide strips. Cut 3¾-in.-wide strips into squares and triangles as directed for red strips to make border triangles.

From teal fabric, cut twenty-five 2¼-in.-wide strips. From 6 of these strips, cut ninety-six 2¼-in. squares to appliqué to white blocks. Cut sixteen 2½-in.-wide teal strips for borders. Label; set aside.

Piecing: To make Row A, sew together strips in the order shown in Row A Strip Set and Cutting Diagram. Press seams to one side. Using rotary cutter and ruler, cut eighteen 2¼-in.-wide segments from strip set. Each segment is Row A of block. Make 2 more identical strip sets; cut total of 50 segments for Row A.

Make 3 strip sets for Row B by sewing strips together in following order: teal, red, teal, red, teal. Cut total of 50 Row B segments from these sets.

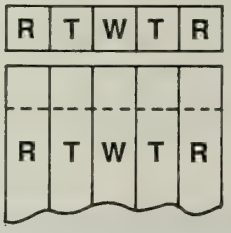
Make 2 strip sets for Row C by sewing strips together in following order: white, teal, red, teal, white. Cut total of 25 Row C segments from these sets.

Referring to Pieced Block diagram (*below*), sew rows together to make block. Make 25 pieced blocks.

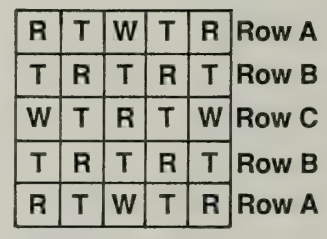
Appliquing: Baste under ¼ in. along 2 adjacent sides of small teal squares. To make 1 block, position teal square in each corner of large white square, aligning raw edges. Appliqué basted edges to white squares; remove basting stitches. Baste raw edges to white squares for assembly. Make 24 appliquéd blocks.

Joining blocks: Make 4 odd rows by alternating 4 pieced blocks with 3 appliquéd blocks.

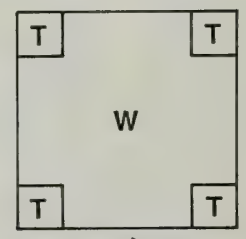
IRISH CHAIN QUILT



Row A - Strip Set and Cutting Diagram



Pieced Block



Appliquéd Block



Piecing Diagram for Border

Make 3 even rows by alternating 4 appliquéd blocks with 3 pieced blocks.

Sew rows together.

Borders: Join pairs of teal border strips to make long borders. Sew border to opposite sides of quilt; trim ends even with quilt. Sew borders to remaining sides; trim.

Referring to piecing diagram (*left*) for zigzag borders, make 2 of Row X by sewing together 27 red triangles and 26 white triangles, beginning and ending with red triangle. Make 2 of Row Y by joining 27 white triangles and 26 red triangles, beginning and ending with white triangle. Make 2 borders by sewing Row X to Row Y. Center and sew borders to opposite sides of quilt; trim excess triangles even with quilt top.

Make borders for remaining 2 sides in similar manner. Use 29 red and 28 white triangles for Row X and 29 white and 28 red triangles for Row Y. Join borders, sew to quilt, and trim.

Sew remaining teal borders to quilt top; trim.

Finishing: Piece quilt back from backing fabric as needed. Layer quilt top, batting, and quilt back; baste. Hand- or machine-quilt in desired pattern using commercial quilting templates or your own design.

Finish edges by bringing edges of quilt back to the front. Fold under raw edge of back; pin to top encasing raw edges of top and batting. Slip-stitch in place.

CANDLE SAMPLER, page 70

To order pattern or kit, see page 161.

DRIED APPLE GARLAND, page 66

Materials: Approximately 30 pounds Jonathan or winesap apples; lemon juice; thin wire; ⅛-in.-wide red ribbon of desired length of garland.

Instructions: Cut top and bottom from apple; cut apple into ¼-in.-thick slices. Dip in lemon juice. Cook in microwave oven on paper towel for approximately 30 seconds on high.

Dry apple slices on cookie sheet in oven set at 200 degrees. Dry for 1½ to 2 hours turning slices once or twice.

Hang slices on thin wire in cool, dry place until completely dry.

String on ribbon, tying ribbon around first and last slice to secure. *Note:* If desired, string apples on several short garlands.

©1990 Black & Decker



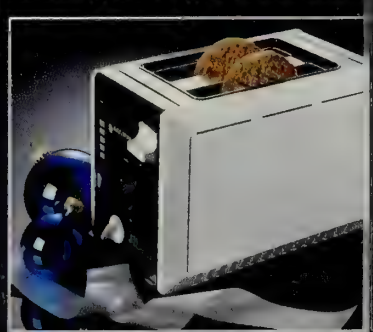
Gifts Designed To Get A Warm Welcome.

BLACK&DECKER®

THERMAL CARAFE KEEPS COFFEE HOT AND FRESH FOR HOURS

◄ Fast preparation is a breeze with the HANDYCHOPPE MINCER/CHOPPER (HC20). It takes the work out of ev day mincing and chopping. Handles garlic, nuts, herbs o onions in seconds. No mess and no tears. And it's so compact they'll leave it right on the counter where it's always handy.

► Get their mornings off to a great start by giving them a FASTOAST™ WIDE-SLOT TOASTER (T235). The wide sl handle thick or thin slices, even bagels. It's got a cool touc easy-to-clean exterior and it's fast! Toasts twice as fast as most other toasters.





Black & Decker Presents Gifts As Individual As Everyone On Your List.

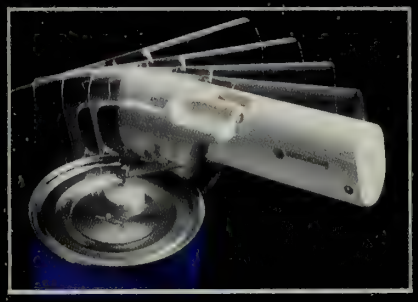
Black & Decker's got the perfect gift for each individual on your holiday list. Gifts that show you thought about what they'd enjoy most.

◄ For example, isn't there someone who'd love the THERMAL CARAFE COFFEEMAKER (TCM402)? It's the ideal gift for those who love fresh coffee. Its Brew-Thru System brews rich, delicious coffee into an insulated thermal carafe that keeps it fresh and hot for hours! A clock/timer lets them wake to fresh-brewed coffee. And it shuts itself off.



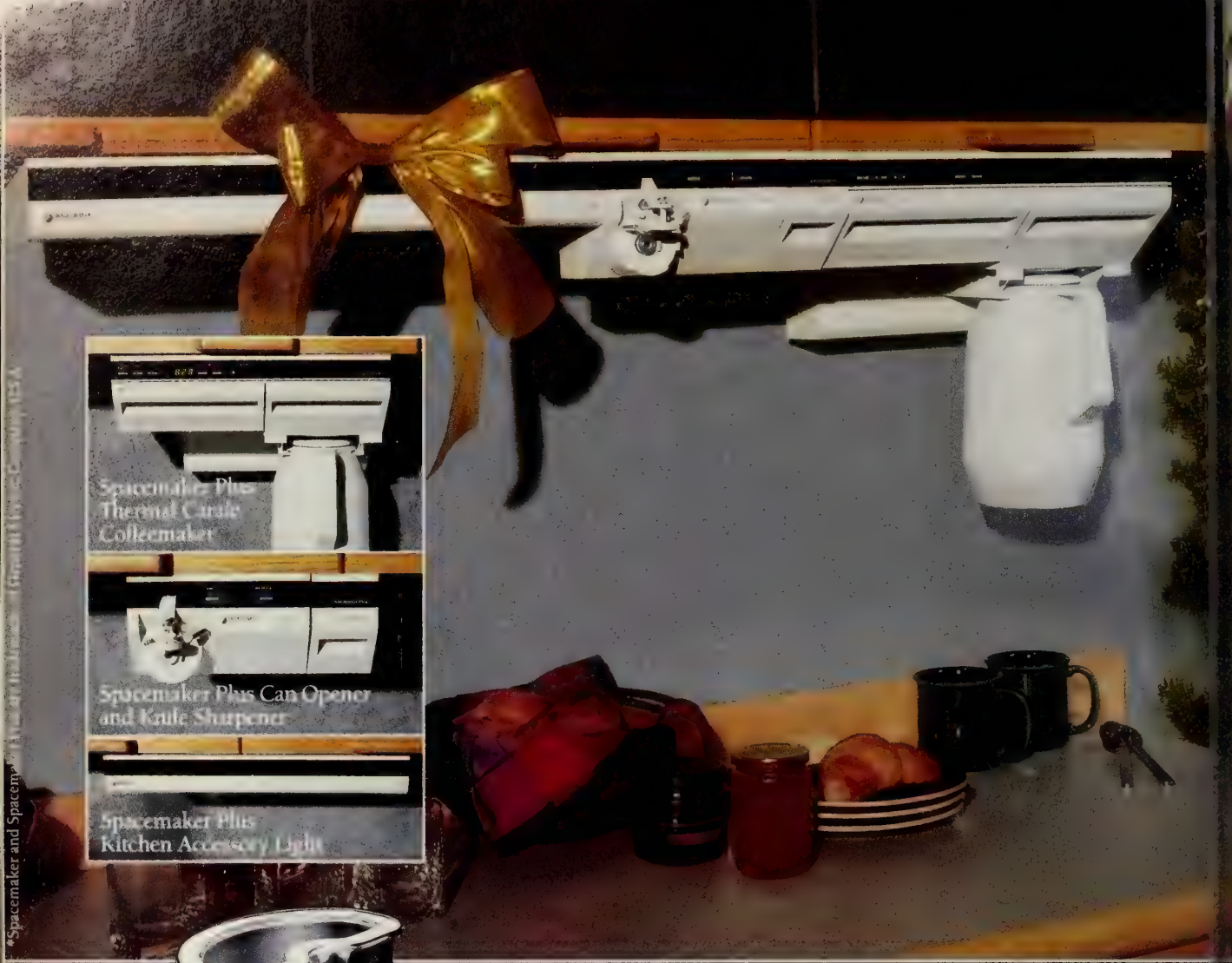
► The HANDY SLICE 'n SHRED™ SLICER/SHREDDER (HSS60) is perfect for gourmets on the go. Its unique built-in cutting cone lets them slice or shred at the touch of a button. There are no extra attachments to store and no extra bowls to clean.

▼ The HANDYOPENER™ CORDLESS CAN OPENER (KEC160) is always ready to go. Just push the button and watch it "walk" around the can for "hands-free" operation.



► Here's a great way to make America's favorite healthy snack, popcorn. The HANDY POP 'n SERVE™ CORN POPPER (HP50) is a hot-air popper that uses no oil. And it pops right into its own serving bowl. No mess. No extra bowl to clean. Just lots of great popcorn to eat.

BLACK&DECKER®



*Spacemaker and Spacem



◄ The HANDY SHORTCUT™ MICRO-PROCESSOR (HMP30) i a little giant in the kitchen. It's smaller than most food processor but it can do all their slicing, shredding, mincing, grating and chopping chores in seconds. It does so much, yet takes up so little space.



► Here's breakfast fun for the whole family with the SWEET♥HEARTS™ WAFFLEBAKER (G12). Serve heart-shaped waffles from this mistake-proof waffle maker. A signal light and tone announce when the waffles are ready. Plus, it has a nonstick cooking surface for quick cleanu

▼ A powerhouse in the kitchen: the SPATULA-SMART™ POWE BOOST MIXER (M175). Its unique new spatula attachment scrapes the bowl sides continuously for easy mixing. It's got 5 speeds and instant Power Boost. The ultimate heavy duty mixer.



"You've Always Wanted Some Elbowroom In The Kitchen."

Now you can give the ideal gift to anyone who would like more counter space.

◄ The Black & Decker SPACEMAKER PLUS* line combines state-of-the-art features with outstanding contemporary design. Beautiful. Functional. Space-saving.

The SPACEMAKER PLUS THERMAL CARAFE COFFEEMAKER (PDC403A) has an insulated thermal carafe so the coffeemaker shuts itself off while the carafe keeps the coffee hot and fresh for hours.

The SPACEMAKER PLUS CAN OPENER AND KNIFE SHARPENER (PEC90) opens all sized cans and sharpens knives without counter clutter.

The SPACEMAKER PLUS KITCHEN ACCESSORY LIGHT (PLA100) rounds out the line and brightens your workspace. Perfect gifts for anyone who could use a little elbowroom. For the dealer nearest you, call us at 1-800-552-0553.







► When you give a SPACEMAKER TOAST-R-OVEN™ BROILER (SO2500), you're giving a full range of flexibility. It toasts, bakes, broils, defrosts and browns. And it's got extra large capacity to fit even a 9-inch pie.

Delight someone with a gift of a SPACEMAKER AUTOMATIC SHUT-OFF COFFEEMAKER (SDC2A). It features a clock/timer, automatic shut-off, and mounts easily under the cabinet.

The SPACEMAKER CAN OPENER (EC60CAD) opens up cans, bottles, plastic bags and counter space.

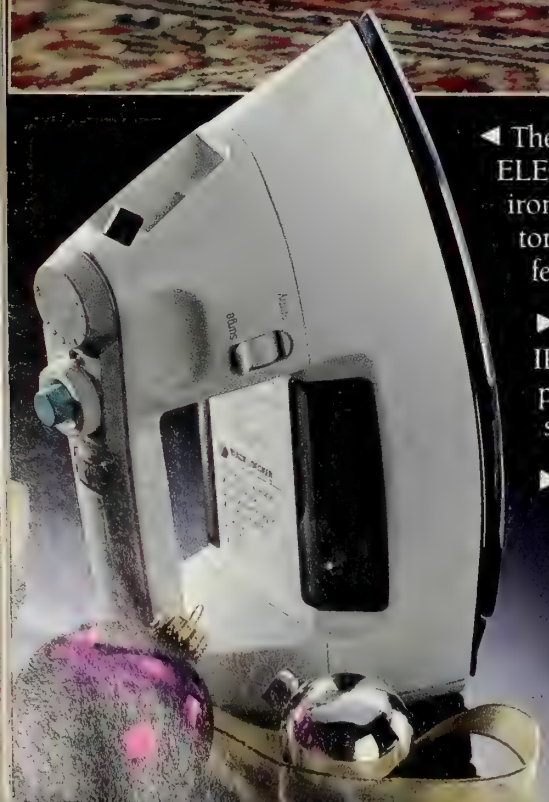
► The HANDYMIXER™ CORDLESS MIXER (9210) has 4 versatile attachments that all store together in the recharging base. It's always ready to use. A fun, handy way to tackle everyday mixing tasks.



BLACK&DECKER®

BLACK&DECKER®





◄ The ADVANCED SYSTEM AUTOMATIC SHUT-OFF™ ELECTRONIC IRON (F640S) is the state-of-the-art in irons. Adjustable steam, temperature ready light and tone alert, and automatic shut-off are just a few of its features. Makes ironing easiest ever.

► The STOWAWAY™ TRAVEL STEAM & DRY IRON (F56G) has 21 steam vents to give the steam performance of a full-sized iron but in a compact size. It keeps them looking good while traveling.

► The SPOTLITER™ POWERFUL RECHARGEABLE LIGHT (9360) has no batteries to worry about. It's always ready in its handy charging base. Super bright Xenon bulb throws a 300-foot beam.





For help finding the Black & Decker dealer nearest you, call us.

1-800-552-0553

"It's Perfect. How'd You Know It's Just What I Was Wishing For?"

A lot of people on your list are wishing for gifts that make life just a little easier.

◄ Give a Black & Decker POWERPRO® HEAVY DUTY CORDLESS VAC (DB6000), with enough power to handle the toughest cleanups. Picks up everything from dirt and crumbs to loose change. It's got an extra heavy-duty power setting and it goes to work anywhere. It's the most powerful cordless hand vac we've ever built!



► The DUSTBUSTER PLUS® POWER BRUSH (9338A) is like getting two vacs in one! The motorized brush attachment lets you clean carpeted stairs, car interiors and any other surface. Remove the brush for quick bare-surface pickups. Cordless, lightweight and compact.



◄ The SLIMLINE™ ESCORT LIGHT™ SMOKE ALARM (SMK400) is a compact smoke detector with a powerful alarm. Its portable escape light turns on automatically when the alarm sounds and provides your family with illumination for the entire escape route.

▼ The POWERPRO® DUSTBUSTER PLUS® CORDLESS VAC WITH POWER BRUSH (DB5400) is the all-purpose gift. Motorized brush attachment cleans carpeted stairs and upholstery. With crevice tool, ceiling wand and furniture brush included, it's ideal for handling all your "above the floor" cleaning when it's inconvenient to use the big vac.

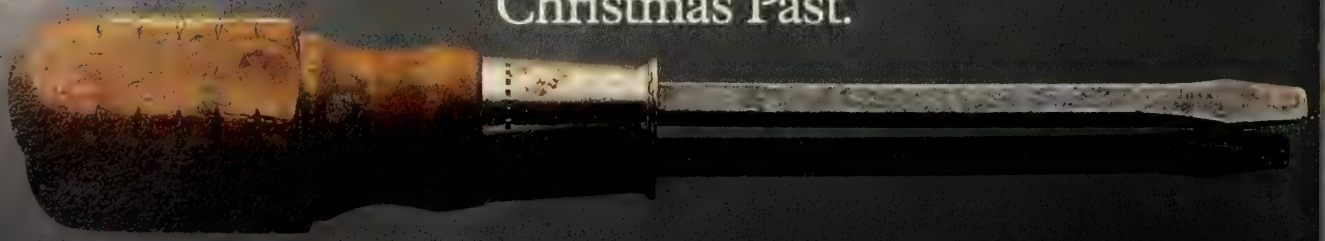
BLACK&DECKER®







Christmas Past.



Christmas Future.



Christmas Present.

MANUFACTURER'S COUPON | EXPIRES 12/31/90



$2.00 off any Black & Decker Cordless Screwdriver

(Model #'s: 9018, 9018-02, 9019, 9034, 9038, 9038-02)

RETAILER: Mail to Black & Decker, P.O. Box 430932, El Paso, Texas 88543-0932

Black & Decker will redeem one coupon per purchase of product indicated, for face value plus $.08 when used in accordance with terms of offer, available on request. Void if transferred, copied, taxed or prohibited. Cash value 1/100¢.

5 28876 09082 1

©1990 Black & Decker (US) Inc.

'Tis the season to give your old screwdriver the boot and turn to something more advanced. Just bring this coupon to a participating retailer and receive our Christmas present to you: $2.00 off any Black & Decker Cordless Screwdriver for yourself or someone on your gift list.

Whether you're hanging shelves or mini-blinds, assembling toys in your workshop or decking the halls this Christmas, do it faster and easier with a Black & Decker Cordless Screwdriver. It makes every household project a cinch to wrap up, and every ordinary screwdriver a thing of the past.

BLACK&DECKER®

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

$200 TO THE TWO TOP WINNERS
$100 TO THE RUNNERS-UP
$25 TO SIX HONOR ROLL WINNERS

How would you like to win $200? It's easy! Just send your original recipes to our monthly Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories listed on this page. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Fresh Fruit Desserts

● Simplified versions of pies, cobblers, or tarts ● Healthful treats ● Berry, peach, or melon desserts

Quick Chicken Dinners

● Quick-fix hot or cold entrées ● Micro-cooked, grilled, or sautéed specialties ● Family-style one-dish meals

WINNERS IN THIS ISSUE (pages 137 and 138)

$200 Winners

Jeanette Atwood, *Oklahoma City, Okla.*
Chris Gibson, *Fontana, Wis.*

$100 Winners

Deanna Burch, *Mentone, Ind.*
Cathy Stanley, *Cincinnati, Ohio*

Honor Roll Winners

Mildred Bickley, *Bristol, Va.;* Marti Blassingame, *Paris, Tex.;* Antoinette Farina, *Youngstown, Ohio;* Harriette Hoogasian, *Spencer, Mass.;* Jan and Jessica Kearney, *Concord, N.H.;* Kathleen M. Laurin, *Two Rivers, Wis.*

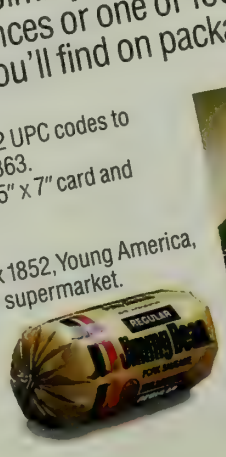
CONTEST RULES

1. Contest is open to U.S. residents, except employees of Meredith Corporation, its affiliates, subsidiaries, and families. **2.** With each entry type or print your name, address, and recipe marked "July Fresh Fruit Desserts" or "July Quick Chicken Dinners." Specify ingredient brands and recipe origin. **3.** Address recipes to 9107 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** All entries must be postmarked by December 31, 1990. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

STIR UP Jimmy Dean®
AND WIN NEW KITCHEN APPLIANCES!
ENTER THE JIMMY DEAN HOLIDAY RECIPE CONTEST

Send in your favorite Jimmy Dean Sausage recipe, with two proofs of purchase, and we'll send you a free Jimmy Dean Cookbook. Plus, your recipe could help you win new kitchen appliances or one of 100 microwaves. And cook up other tasty winners with the recipes you'll find on packages of Jimmy Dean Sausage.

It's easy to enter:
1. Send your Jimmy Dean Sausage recipe with 2 UPC codes to P.O. Box 1863, Young America, MN 55394-1863.
2. All entries must be handwritten or typed on 5" x 7" card and received no later than 12/31/90.
3. This contest is void where prohibited.
4. For a complete list of rules write to P.O. Box 1852, Young America, MN 55394-1852 or see the display in your supermarket.





© 1990 Jimmy Dean Meat Co.

May all your Christmases be white.



Season's Greetings from new White Fudge Covered Oreo.®
Made especially for the holidays.

NABISCO BRANDS
NABISCO BRANDS INC 1990

MAKING Christmas Memories

Carols, candy, gatherings so jolly...Santa, gifts, and boughs of holly. These traditions of Christmas weave together a magical season. Whether you're baking cookies or trimming a tree with little ones at your knees, such times blend the warmth of the past with the glow of the present. To help you mold this Christmas into a memory, choose from more than 20 yuletide recipes created especially for your family gatherings. Several are quick to fix or can be made ahead, so you, too, can savor the season.

BY LISA HOLDERNESS



PHOTOGRAPHS: JOHN KANE. FOOD STYLIST: RICK ELLIS

Sweeten your holidays with fabulous desserts. CRÈME BRÛLÉE TART layers custard and toasted sugar in a ginger crust. CHERRY AND HAZELNUT SUNDAES are a royal treat. *Recipes begin on page 107.*

FESTIVE PARTY FOODS

The doorbell rings and the fun and feasting begin. After greetings of hugs and kisses, friends and family join in decorating the fragrant pine, singing carols, and sharing memories. Your gift in return for their company: a vivid buffet of delicious appetizers. To keep the cooking simple, pick out one or two special recipes and follow make-ahead directions where included. Round out your menu with purchased nibbles and beverages.



Christmas Memories

SPICED CRANBERRY TEA warms up holiday spirits. As the candy swizzle stick melts, it sweetens the hot tea.

WHOLE WHEAT PIZZA TART, cut into wedges, will disappear in a twinkling.

POTATO CAKES WITH SEAFOOD let you choose salmon, caviar, or shrimp for the toppings.

RED PEPPER DIP and fresh vegetables will brighten your holiday party table.

SPICY-SWEET CHICKEN DRUMMIES offers two glazes—mild cinnamon for kids, zesty red pepper for adults.

Recipes begin on page 109.



Christmas Memories

HOLIDAY BAKING

The buttery aroma of cookies in the oven draws all the family to the kitchen. It's time for that popular ritual—taste testing. Let everyone snitch a warm sample, then invite them to help with the baking. Prepare batches of cookies to freeze for serving throughout the season. When the baking's done, relax with all the bakers and a plateful of cookies.

Recipes begin on page 111.

***Right:* A TRIO OF COOKIES. Begin with one simple batch of dough and end up with three kinds of cookies, nine dozen in all:**

- **Lemon Almond Tea Cookies**
- **Choco-Mint Thumbprints**
- **Cherry Pistachio Rounds.**

***Below:* BRANDIED FRUIT BARS offer a bite-size version of that old favorite, fruitcake, topped with a pecan-crumb mixture. EGGNOG KRINGLA is a variation of the traditional Scandinavian cakelike cookie.**







Christmas Memories

CANDIES FOR GIFT-GIVING

Who doesn't love receiving the delicious gift of homemade sweets? This candy assortment offers recipes that both novice and seasoned candy makers can enjoy. For a quick candy, choose the bark or caramels—both use only three ingredients. For a big batch of candy that freezes well, try the classic fudge.



Stir nuts and dried apricots into white chocolate for big chunks of luscious APRICOT MACADAMIA NUT BARK.

For fudge-fancying friends, offer a tin of ROCKY ROAD FUDGE—rich with nuts, raisins, and marshmallows.

Let kids help with TOFFEE CARAMELS. Simply dip vanilla caramels into chocolate coating and roll in brickle pieces.

Recipes begin on page 115.







Christmas Memories

AN ELEGANT DINNER *Loved ones gather around the table—dressed in holiday finery—to share a splendid dinner and the special fellowship of the season.*

Menu



SHIITAKE MUSHROOM AND SPINACH BROTH

•

BEEF TENDERLOIN WITH PORT SAUCE AND PASTRY LEAVES

•

GLAZED VEGETABLE TRIO

•

WHOLE WHEAT BRIOCHE

•

CRANBERRY-PEAR RELISH

•

DOUBLE CHOCOLATE ORANGE TORTE

•

CRÈME DE MENTHE COFFEE

Recipes begin on page 117.



DESSERT—THE GRAND FINALE

Dessert? But of course! When dinner dishes are cleared, guests sit back and contemplate. Will it be a slice of the satin-glazed chocolate torte, a soothing after-dinner coffee, or both? As Christmas cook, give yourself the gift of time by assembling the cake earlier in the day. Brew the coffee just before serving. *continued on page 104*



DOUBLE CHOCOLATE ORANGE TORTE looks too pretty to cut, but the ultra-rich flavor gives you ample reason to do it anyway. This stunning dessert layers dense chocolate cake with a marmalade and orange liqueur filling.

CRÈME DE MENTHE COFFEE is equally inviting. Top this chocolate-mint dinner coffee with a dollop of Minted Whipped Cream and mint candy shavings.

Recipes begin on page 131.

HOLLY·LUJAH!



Celebrate this season with a Cool Whip and Keebler Ready-Crust Hollyday Mint Pie. You'll love how easy it is to get into the Hollyday spirit.



HOLLYDAY MINT PIE

1 cup crushed KEEBLER® Grasshopper® Fudge Mint Cookies
3 tablespoons hot water
1 (6 oz.) KEEBLER® Ready-Crust® Graham Cracker Pie Crust
1 package (3 oz.) PHILADELPHIA BRAND® Cream Cheese, softened
⅓ cup sugar • 2 tablespoons milk
¼ teaspoon peppermint extract
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
6-10 drops green food coloring
Red hot cinnamon candies and spearmint leaves

- **MIX** cookies and hot water. Spoon into crust and gently spread to cover bottom.
- **BEAT** cream cheese until smooth; gradually beat in sugar, milk and peppermint extract. Fold in whipped topping. Divide mixture in half; stir food coloring into one half until evenly colored.
- **FILL** pie crust with alternate dollops of white and green whipped topping mixtures. Smooth top of pie with spatula.
- **CHILL** 3 hours. Make berries and holly leaves using cinnamon candies and spearmint leaves.

© 1990 Kraft General Foods, Inc.
Ready-Crust® is a registered trademark of the Keebler Co.



COOKIES ARE FOR KIDS

Share holiday rituals and fun with your children, too. Teach young chefs how to roll and pat balls of gingerbread dough into lovable cookies of all sizes. While the cookies bake, the kids can draw ponds for the bears to skate on before it's time to gobble them up.

Recipes begin on page 134.



Roll dough into little logs for the arms and legs. Attach to the body of the bear by pushing gently with fingers.



Use frosting to attach the candy cane runners and the bear bodies and legs to graham cracker sleds.

PHOTOGRAPHS: SCOTT LITTLE



In Hershey, PA, people fight over who cleans up.

Folks here get a little worked up when somebody's been baking with Hershey's chocolate. See, there are only so many chocolate-covered beaters, bowls and spoons, and everybody wants to get in a few licks.





If you've forgotten how nice it is to have lots of help in the kitchen, you may want to check the Hershey's bags, cans and boxes for recipes. They're easy, delicious, and, best of all, they all require spoons.





©1990 Hershey Foods Corporation

What makes Idaho® potatoes taste like no other potatoes on earth?



NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of protein, fat, cholesterol, carbohydrate, fiber, sodium, and potassium help you keep tabs on what you eat.

Also, you can check the vitamin and mineral levels per serving of each recipe. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amount. (The U.S. RDAs are the dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for the nutritional analysis. The order does not mean that we prefer one ingredient or the other.

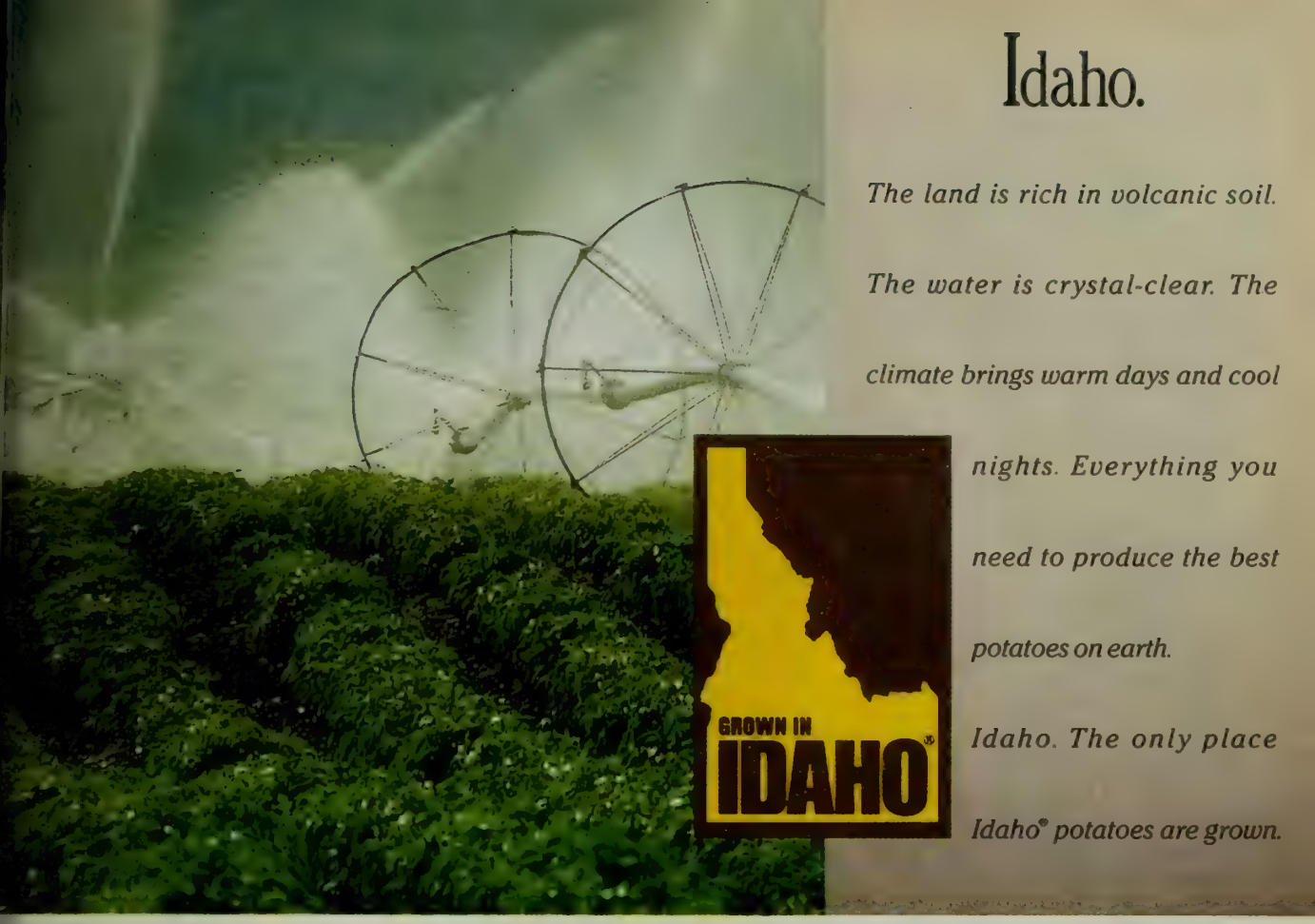
Also, we use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines are based on the average daily needs of moderately active females, 25 to 50 years old (in general, moderately active males and teenagers need more calories):

Calories—2,000
Protein—50 grams
Fat—no more than 67 grams
Cholesterol—no more than 300 milligrams
Sodium—500 to 3,000 milligrams
Fiber—20 to 30 grams

Aim for a balanced diet overall, keeping your fat intake to 30 percent or less of your total daily calories. (One gram fat = 9 calories.)



Christmas Memories

(Pictured on pages 93-104.)

CRÈME BRÛLÉE TART

Named after the elegant custard dessert that has a wonderful caramelized sugar topping—

1¼ cups all-purpose flour
½ tsp. ground ginger
¼ tsp. salt
¼ tsp. ground cinnamon
⅛ tsp. ground nutmeg
⅓ cup shortening
3 to 4 Tbsp. cold water
3 eggs
1¼ cups light cream *or* milk
⅓ cup sugar
1 tsp. vanilla
¼ cup packed brown sugar

● **For crust,** in a medium mixing bowl stir together flour, ginger, salt, cinnamon, and nutmeg. Cut in shortening till pieces are the size of small peas. Sprinkle *1 tablespoon* of the water over *part* of the flour mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball.

● **On a lightly floured surface,** flatten dough with your hands. Roll dough from center to edges, forming a circle about 11 inches in diameter. Lightly wrap dough around rolling pin. Unroll onto a 9-inch tart pan. Ease dough into tart pan, being careful not to stretch dough. Trim edges. *Do not* prick dough. Line dough with a double thickness of foil to prevent it from puffing. Bake in a 450° oven for 10 minutes.

● **Meanwhile, for filling,** in a mixing bowl beat eggs and light cream or milk slightly with a rotary beater or fork till combined. Stir in sugar and vanilla; mix well.

● **Remove foil from crust** and place tart pan on the oven rack. Pour filling into crust. Reduce oven temperature to 350°. Bake for 25 to 35 minutes or till knife inserted near center comes out clean. Cool on a wire rack. Cover; chill at least 2 hours or up to 24 hours.

● **Before serving,** press brown sugar through a sieve evenly over custard. Broil 4 to 5 inches from heat for 1 to 2 minutes or till brown sugar melts and forms a bubbly crust. Serve warm or chilled. Makes 8 to 12 servings.

Nutrition information per serving: *281 cal., 5 g pro., 32 g carbo., 15 g fat, 94 mg chol., 109 mg sodium, 118 mg potassium, and 1 g dietary fiber. U.S. RDA: 10% vit. A, 18% thiamine, and 21% riboflavin.*

CHERRY AND HAZELNUT SUNDAES

These cookies are similar to brandy-snaps, and should be candy-crisp, yet tender enough to break easily with a fork or spoon. Our Test Kitchen found they could bake about 3 cookies at a time on a standard cookie sheet. This means you'll need three 6-ounce custard cups to drape the cookies over while the next batch is baking—

¼ cup packed brown sugar
¼ cup margarine *or* butter
3 Tbsp. light corn syrup
1 cup ground hazelnuts (filberts) *or* almonds (4 oz.)
⅓ cup all-purpose flour
Vanilla ice cream
1 recipe Dried Cherry Sauce (see recipe, *page 108*)

● **Line cookie sheets with foil.** Butter foil. Set aside.

continued on page 108

Christmas Memories

continued from page 107

● **In a small saucepan combine** brown sugar, margarine or butter, and corn syrup. Cook and stir over medium heat till margarine or butter is melted and mixture is smooth. Remove from the heat. Stir in nuts and flour.

● **For *each* cookie, drop** about *2 tablespoons* of the mixture onto the prepared cookie sheet, leaving about 5 inches between cookies. Flatten slightly, if necessary.

● **Bake in a 350° oven** 8 to 9 minutes or till edges are golden. Let stand on cookie sheet for 1 to 2 minutes. Carefully loosen and immediately press over ungreased bottoms of 6-ounce custard cups. Let stand while baking the next batch. Then, remove and cool on a wire rack. If desired, store in a moisture- and vapor-proof container at room temperature up to 1 week or freeze up to 6 months. For storage, use plastic wrap between cookies.

● **When ready to serve,** for each serving place *one* cookie cup on a dessert plate. Top each cookie with a scoop of vanilla ice cream and about *¼ cup* of the Dried Cherry Sauce. Makes 8 servings.

Nutrition information per serving with 1/2 cup vanilla ice cream and sauce: *391 cal., 4 g pro., 53 g carbo., 19 g fat, 20 mg chol., 117 mg sodium, 218 mg potassium, 1 g dietary fiber. U.S. RDA: 14% vit. A, 39% vit. C, 14% thiamine, 14% riboflavin, 13% calcium.*



To shape, carefully press each cookie over a 6-ounce custard cup. If cookies harden before molding, pop the cookie sheet back into the oven for 30 seconds to soften and make more pliable.

DRIED CHERRY SAUCE

Look for dried cherries at your local gourmet food store. Or, order them through your favorite gourmet food mail-order catalog or see page 161—

- **½ cup dried cherries *or* 1½ cups frozen pitted tart red cherries***
- **¼ cup packed brown sugar**
- **2 Tbsp. cornstarch**
- **1 tsp. finely shredded lemon peel**
- **¼ tsp. apple pie spice**
- **2 cups cranberry-cherry drink *or* unsweetened cherry juice***

● **In a small saucepan stir together** dried or frozen cherries, brown sugar, cornstarch, lemon peel, and apple pie spice. Stir in cranberry-cherry drink or cherry juice.

● **Cook and stir** till thickened and bubbly. Cook and stir 2 minutes more. Serve warm. Makes about 2¼ cups.

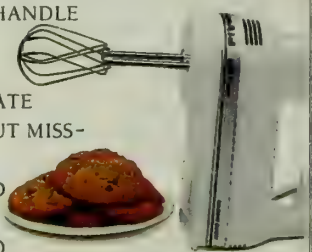
To make ahead: Prepare sauce as directed and pour into a storage container. Chill, covered, for up to 2 weeks. To serve, in a small saucepan heat sauce over low heat till warm, stirring occasionally.

NOTE: If using frozen pitted tart red cherries, *decrease* cranberry-cherry drink or cherry juice to *1½ cups.*



OUR
HIGH PERFORMANCE
COMPACT.

YOU'D EXPECT A NEW HAND MIXER GOOD ENOUGH FOR KITCHENAID® TO BE STRONG. DURABLE. AND BUILT TO LAST. YOU EXPECT IT TO HANDLE STIFF COOKIE DOUGHS—EVEN CHOCOLATE CHIP—WITHOUT MISSING A BEAT. TO BE DESIGNED SO CLEANING'S A SNAP. AND SO IT WON'T TIP OVER. YOU'D EXPECT IT TO BE MADE WITH THE SAME HIGH QUALITY AS OUR BIG MIXERS.



THE NEW KITCHENAID® HAND MIXER. IT'S EXACTLY WHAT YOU'D EXPECT.

KitchenAid
FOR THE WAY IT'S MADE.™

FOR LITERATURE WRITE KITCHENAID, DEPT. C-1M, P.O. BOX 3900, PEORIA, IL

Nutrition information per 1/4 cup: *76 cal., 0 g pro., 19 g carbo., 0 g fat, 0 mg chol., 4 mg sodium, 29 mg potassium, and 0 g dietary fiber. U.S. RDA: 30% vit. C.*

WHOLE WHEAT PIZZA TART

Use frozen whole wheat bread dough for a quick-fix crust—

1 16-oz. loaf frozen whole wheat bread dough, thawed
1 green onion *or* leek
¼ of a small yellow *or* green sweet pepper
¼ cup pizza sauce
¼ cup purchased pesto
1½ cups shredded provolone *or* mozzarella cheese (6 oz.)
Toppings such as sliced pepperoni, sliced eggplant, sliced tomatoes, sliced fresh mushrooms, and sliced pitted ripe olives

● **On a lightly floured surface, roll** bread dough into a 9-inch circle. Place in an 11-inch tart pan with a removable bottom, pressing to fit into pan. Prick crust with a fork.

● **Bake in a 400° oven** for 12 to 15 minutes or till brown.* Transfer to a cooling rack, leaving oven on.

● **Meanwhile, cut** the green onion or leek into long, thin strips. Reserve *all but 2 or 3* strips for another use. Cut sweet pepper into long, thin strips.

● **In a medium saucepan cook** the green onion or leek and sweet pepper, covered, in a small amount of boiling water for 2 to 3 minutes or till tender; drain completely.

● **Spread pizza sauce** over *half* of the crust; spread pesto over remaining half. Sprinkle with cheese. Arrange green onion or leek, sweet pepper, and other desired toppings atop.

● **Bake for 10 to 15 minutes** or till heated through and cheese is melted. Remove from pan and place on a serving platter. Cut into wedges to serve. Makes 10 to 12 appetizer servings.

****To make ahead:*** If desired, make crust up to several hours ahead to this point of the recipe. Let stand, covered, at room temperature till you're ready to finish the recipe.

Nutrition information per serving: *244 cal., 11 g pro., 23 g carbo., 12 g fat, 16 mg chol., 600 mg sodium, 343 mg potassium, and 7 g dietary fiber. U.S. RDA: 23% thiamine, 18% riboflavin, 15% niacin, 19% calcium.*

SPICED CRANBERRY TEA

Rich, rosy red: this hot tea punch is the perfect warmer-upper—

6 inches stick cinnamon, broken
2 tsp. whole cloves
1 cup water
¼ cup sugar
1 quart apple cider
3 cups strong tea
1 12-oz. can frozen cranberry-raspberry juice concentrate *or* cranberry juice cocktail concentrate
Lemon slices (optional)
Fruit-flavored striped candy sticks (optional)

● **For spice bag,** place cinnamon and cloves in the center of a 6-inch square of double 100% cheesecloth. Bring corners of cheesecloth together and tie with a clean string. Set spice bag aside.

● **In a 4-quart Dutch oven combine** water and sugar. Heat and stir till sugar dissolves. Add spice bag, cider, tea, and juice concentrate. Heat through. Remove and discard spice bag. Pour into a heatproof punch bowl. If desired, add lemon slices. Ladle into mugs and serve hot with candy sticks for stirrers, if desired. Makes 16 to 18 (4-ounce) servings.

To make ahead: Prepare Spiced Cranberry Tea as directed through heating to dissolve sugar. Add cider, tea, and juice concentrate, reserving spice bag to add at reheating time. Transfer mixture to a storage container; cover and chill for up to 1 week.

At serving time, in a 4-quart Dutch oven combine tea mixture and spice bag. Heat through. Remove and discard spice bag. Serve as directed.

Nutrition information per serving: *97 cal., 25 g carbo., 0 g fat., 0 mg chol., 3 mg sodium, 108 mg potassium, and 0 g dietary fiber. U.S. RDA: 24% vit. C.*

POTATO CAKES WITH SEAFOOD

Look for bags of already shredded hash-brown-style potatoes in the refrigerator case at your local supermarket—

1½ lb. potatoes (about 5 medium), peeled, *or* one 20-oz. pkg. refrigerated shredded potatoes
1 beaten egg
1 Tbsp. fine dry seasoned bread crumbs
2 tsp. chopped green onion
½ tsp. pepper
¼ tsp. salt
¼ tsp. garlic powder
⅓ cup olive oil *or* cooking oil
½ cup dairy sour cream
Toppings such as thinly sliced smoked salmon, caviar, *or* tiny cooked shrimp, *and* snipped chives *or* green onions

● **If using whole potatoes,** in a food

continued on page 110



THOROUGH BREAD.

THIS ULTRA POWER MIXER EFFORTLESSLY KNEADS THE TOUGHEST DOUGH. ITS OPTIONAL ATTACHMENTS LET YOU GRIND MEATS, PUREE FRUITS, SLICE VEGETABLES, SHRED CHEESE. EVEN MAKE PASTA, GRIND GRAIN AND STUFF SAUSAGE. THE KITCHENAID® MIXER CAN BECOME A TOTAL FOOD PREPARATION CENTER. ONE THAT'S MADE TO LAST THROUGH THE YEARS.

KitchenAid FOR THE WAY IT'S MADE.™



FOR LITERATURE WRITE KITCHENAID, DEPT. C-1M, P.O. BOX 3900, PEORIA, IL 61614

continued from page 109

processor fitted with a medium shredding disc, coarsely shred potatoes. (*Or,* shred with a grater.) Place shredded potatoes in a large bowl of ice water. Let stand for 5 minutes; drain well. Thoroughly pat potatoes dry with paper towels.

● **Place shredded potatoes** or refrigerated shredded potatoes in a large mixing bowl. Stir in egg, bread crumbs, green onion, pepper, salt, and garlic powder; mix well. (The mixture will be dry.)

● **In a large skillet heat** *2 tablespoons* of the oil. For *each* cake, drop a *heaping tablespoonful* of the potato mixture into the skillet, spreading to 2½ to 3 inches in diameter. Fry potato mixture, a few cakes at a time, over medium-high heat about 2 minutes or till bottoms are brown. Carefully turn cakes over. Fry about 2 minutes more or till brown and crispy. Add more oil, as needed. If cakes begin to burn, reduce heat. Transfer cakes to a baking sheet. Repeat frying with the remaining potato mixture.*

● **Bake in a 400° oven** for 15 minutes or till potatoes are tender inside. Drain on paper towels. Transfer to a serving platter.

● **To serve,** place a slice of smoked salmon atop each cake, dollop with sour cream, and sprinkle with chives or green onion. *Or,* dollop each cake with sour cream and top with caviar or shrimp and sprinkle with chives or green onion. Makes 25 appetizers.

***To make ahead:** Fry the cakes as directed; do not bake. Freeze the cakes on a baking sheet about 45 minutes or till firm.

Transfer cakes to a freezer container. Seal, label, and freeze for up to 3 months. To serve, transfer frozen cakes to a baking sheet. Bake in a 400° oven for 15 to 18 minutes or till potatoes are tender. Drain on paper towels; serve as directed.

***Nutrition information per appetizer with 1/2 oz. salmon and 1 Tbsp. sour cream:** 62 cal., 1 g pro., 6 g carbo., 4 g fat, 11 mg chol., 37 mg sodium, 95 mg potassium, and 0 g dietary fiber.*

RED PEPPER DIP

For an even creamier dip, stir in an extra ¼ cup yogurt or sour cream—

1 7¼-oz. jar roasted red sweet peppers, drained, *or* 1 or 2 red sweet peppers, roasted, peeled, and cut up*
½ cup blanched whole almonds *or* walnut halves, toasted
¼ cup plain low-fat yogurt *or* dairy sour cream
2 tsp. anchovy paste
2 cloves garlic, quartered
¼ tsp. ground cumin
Red sweet pepper strips
Assorted vegetables such as fresh *or* frozen sugar snap peas *or* fresh pea pods, peeled whole small carrots, baby yellow patty pan squash, broccoli flowerets**, jicama strips, *and/or* zucchini slices**

● **For dip,** in a blender container or food processor bowl combine sweet peppers, almonds or walnuts, yogurt or sour cream, anchovy paste, garlic, and cumin. Cover and blend or process till smooth. Chill till serving time.

● **Place dip in a small dish;** top with red pepper strips. Serve on a platter with assorted vegetables. Serves 8.



To roast sweet peppers: Place peppers on a broiler pan 4 inches from the heat. Broil, turning often, till the peppers are charred on all sides. Place the broiled peppers in a paper bag. Close the bag tightly and let stand for 10 minutes. This steams the peppers so the skin peels away easily.

Cut the stems off the peppers. To remove seeds and ribs, slit the peppers open and place, seed side up, on a flat surface. Use a knife to scrape seeds and ribs from the flesh. Cut up as directed in recipe.

****Note:*** If using fresh or frozen sugar snap peas, fresh pea pods, or broccoli flowerets, blanch for 30 seconds and chill before serving.

Nutrition information per serving: *76 cal., 3 g pro., 6 g carbo., 5 g fat, 2 mg chol., 81 mg sodium, 149 mg potassium, and 2 g dietary fiber. U.S. RDA: 10% vit. A, 63% vit. C.*

SPICY-SWEET CHICKEN DRUMMIES

If you like, save the two-part wing-tip section of each chicken wing to use in making stock or soup—

32 chicken wings
1 10-oz. jar apple jelly
1 tsp. ground cinnamon
1 tsp. finely shredded lime peel
½ tsp. ground red pepper

● **Preheat broiler.** Rinse chicken; pat dry. For mini drumsticks, cut off and discard the 2-part wing-tip section of *each* chicken wing, reserving the largest end section. Use a small knife to cut the cartilage loose from the cut end of each mini drumstick. Push meat and skin to top of bone, shaping it into a compact ball.

● **Place mini drumsticks** on a rack in an unheated broiler pan. Broil 4 to 5 inches from the heat for 10 to 12 minutes or till light brown.

● **Meanwhile,** in a small saucepan heat jelly over medium heat till melted, stirring constantly. Divide jelly in half. To *one half,* stir in cinnamon; to the remaining jelly, stir in lime peel and red pepper.

● **Brush** *some* of the cinnamon jelly on *half* of the drumsticks. Brush *some* of the pepper jelly on remaining drumsticks. Broil for 2 to 4 minutes or till drumsticks are brown.

● **Turn drumsticks** and brush with remaining jellies. Broil for 2 to 4 minutes more or till drumsticks are no longer pink. Transfer to a serving platter. Makes 16 appetizer servings.

Nutrition information per serving (2 mini drumsticks): *105 cal., 6 g pro., 13 g carbo., 4 g fat, 21 mg chol., 23 mg sodium, 68 mg potassium, and 0 g dietary fiber. U.S. RDA: 11% niacin.*

BRANDIED FRUIT BARS

Two tips for easy cutting: First, line the pan with foil, extending the foil over the edges. After the bars cool, lift the foil out—bars and all. Peel off the foil and discard. Second, use a sharp knife to help avoid crumbling—

1 cup mixed dried fruit bits
¼ cup brandy *or* apple juice
1 cup whole wheat flour
¾ cup all-purpose flour
½ cup finely chopped pecans
¾ cup margarine *or* butter
½ cup packed brown sugar
⅓ cup apricot preserves *or* orange marmalade

● **In a small saucepan combine** fruit bits and brandy or apple juice. Carefully bring to boiling. Reduce heat; simmer, covered, for 3 to 5 minutes or till liquid is absorbed.

● **In a medium bowl stir together** whole wheat flour, all-purpose flour, and pecans.

continued on page 112



GREASE.

GONE.

Rubbermaid knows how to take grease out of your way on its ServinSaver™ products. And that's Dawn® Dishwashing Liquid. No wonder Dawn is the recommendation Rubbermaid made.

Aunt Jemima is one sweet cooki

If you love the rich taste of Aunt Jemima® Sy
we'd like to tempt you into giving a sweet t
to your holiday baking...our own special rec
created with Aunt Jemima Sy
Just imagine what our sweet maple fl
will do for your holiday cool
Mmmm. If the thought melts in your mo
just grab any bottle of Aunt Jemima S
off your shelf. You'll be richly rewar

Snow-Topped Thumbprints

⅔ cup any Aunt Jemima® Syrup
½ cup (1 stick) margarine, softened
3-oz. pkg. cream cheese, softened
1 egg
2 cups all-purpose flour
1⅓ cups chopped nuts
1 teaspoon baking powder
¼ teaspoon salt (optional)
⅓ cup fruit preserves

Heat oven to 350°F. Beat first 4 ingredients until smooth. Add dry ingredients, mixing well. Chill 10 minutes. Roll into 1-inch balls; place on ungreased cookie sheet. Press center of each with thumb; fill with preserves. Bake 9 to 11 minutes or until edges are golden. Cool completely. Sprinkle with powdered sugar, if desired. Store loosely covered.

To receive a copy of the booklet "Favorite Holiday Recipes with Aunt Jemima Syrup," send 50¢ for postage and handling along with your name and complete address on a 3" x 5" card (before June 30, 1991) to: Aunt Jemima Recipe Booklet, P.O. Box 9815A, Clinton, Iowa 52736.



© 1990 The Quaker Oats Co.

Christmas Memories

continued from page 111

● **In a large mixer bowl beat** the margarine or butter with an electric mixer on medium speed for 30 seconds or till softened. Add brown sugar and beat till fluffy. Add flour mixture and continue to beat till crumbly. Reserve *1 cup* of the crumb mixture. Press remaining crumb mixture onto the bottom of an ungreased 9x9x2-inch baking pan. Stir preserves or marmalade into fruit bits. Spread mixture atop crumb mixture in pan. Sprinkle with reserved crumbs; lightly press crumbs into fruit layer.

● **Bake in a 375° oven** for 20 to 25 minutes or till crumbs are golden. Cool. Cut into bars. To store, place in a moisture- and vaporproof container. Store at room temperature for up to several days. *Or,* store in the freezer for up to 12 months. To thaw, let bars stand, covered, at room temperature. Makes 24 bars.

Nutrition information per bar: *150 cal., 2 g pro., 20 g carbo., 8 g fat, 74 mg sodium, 103 mg potassium, and 1 g dietary fiber. U.S. RDA: 11% vit. A.*

EGGNOG KRINGLA

Two Christmas traditions (eggnog and Kringla) rolled into one soft, cakelike cookie. Be sure to use butter to make the soft dough manageable—

4 cups all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. ground nutmeg
¾ cup butter
1½ cups sugar
1 egg
1 cup dairy eggnog
Sifted powdered sugar *and* ground nutmeg (optional)

● **In a large bowl stir together** flour, baking powder, baking soda, and nutmeg. Set aside.

● **In a large mixer bowl beat** butter with an electric mixer on medium speed for 30 seconds or till softened. Add sugar and beat till fluffy. Add egg and beat well. Add flour mixture and eggnog alternately, beating till well mixed. Cover and chill for at least 4 hours or overnight.

● **Working with *half* of the dough** at a time, on a floured surface, roll *rounded tablespoonfuls* of the dough into pencillike strips, about 8 inches long and ½ inch thick. (Keep remaining dough chilled.) On an ungreased cookie sheet loop one end of the strip over the other end to form an oval with the two ends overlapping (see photo, *opposite page*).

● **Bake in a 350° oven** for 6 to 8 minutes or till edges just turn light brown. Transfer to a wire rack; cool. If desired, sprinkle with powdered sugar and nutmeg. Makes about 60 cookies.

Tip: If the dough gets too stiff for your mixer as you're adding the flour mixture, you may want to stir in the last part by hand.

Note: These instructions are a simplified kringla shape. The traditional kringla looks like a pretzel. For this shape, roll dough into 10-inch ropes. Shape each into a loop, crossing 1½ inches from ends. Twist rope at crossing point. Lift loop over to ends and seal, forming a pretzel shape.

Nutrition information per cookie: *77 cal., 1 g pro., 12 g carbo., 3 g fat, 12 mg chol., 35 mg sodium, 18 mg potassium, and 0 g dietary fiber.*

A TRIO OF COOKIES

Attention busy bakers. Here's a time-saving dream come true—

¾ cup shortening
¾ cup margarine *or* butter
4½ cups all-purpose flour
1½ cups sugar
1 egg
3 Tbsp. milk
1 egg yolk
1½ tsp. vanilla
¼ tsp. baking soda
¼ tsp. salt

● **In a large mixer bowl beat** shortening and margarine or butter with an electric mixer on medium to high speed about 30 seconds or till softened. Add about *half* of the flour, all of the sugar, egg, milk, egg yolk, vanilla, baking soda, and salt. Beat till thoroughly combined, scraping sides of bowl occasionally. Beat or stir in remaining flour. Divide dough into thirds. Use to make Lemon Almond Tea Cookies (see recipe, *below*), Choco-Mint Thumbprints (see recipe, *right*), and Cherry Pistachio Rounds (see recipe, *page 114*).

LEMON ALMOND TEA COOKIES

Pucker up for a sweet-tart taste!



Loop one end of an 8-inch strip over the other end to form an oval with the two ends overlapping.

⅓ recipe A Trio of Cookies dough (see recipe, *left*)
2 tsp. grated lemon peel
1 tsp. almond extract
½ recipe Basic Frosting (see recipe, *page 115*)
1 tsp. lemon juice
Few drops almond extract
½ cup toasted, sliced almonds

● **In a medium mixing bowl combine** the ⅓ recipe cookie dough, lemon peel, and the 1 teaspoon almond extract. Using a wooden spoon, mix till thoroughly combined.

● **Shape dough** into an 8-inch roll. Wrap in waxed paper or clear plastic wrap. Chill for at least 4 hours. (*Or,* freeze for same time if dough was made with corn oil margarine.)

● **Cut dough** into ¼-inch slices. Place slices 2 inches apart on an ungreased cookie sheet.

● **Bake in a 375° oven** for 8 to 10 minutes or till edges are firm and bottoms are light brown. Transfer cookies to a wire rack; cool.

● **For the lemon almond frosting,** in a small mixing bowl combine the ½ recipe Basic Frosting, lemon juice, and the few drops almond extract. Mix thoroughly. Spread about *1 teaspoon* of the frosting atop *each* cookie. Sprinkle with sliced almonds. Makes 32 cookies.

Nutrition information per cookie: *108 cal., 1 g pro., 14 g carbo., 5 g fat, 5 mg chol., 43 mg sodium, 22 mg potassium, and 0 g dietary fiber.*

CHOCO-MINT THUMBPRINTS

Christmas wouldn't be complete without a "grasshopper" treat!

⅓ recipe A Trio of Cookies dough (see recipe, *left*)

continued on page 114



Christmas Memories

continued from page 113

2 squares (2 oz.) semisweet chocolate, melted and cooled
2 tsp. milk
½ recipe Basic Frosting
1 tsp. milk
¼ tsp. peppermint extract
Few drops green food coloring (optional)
¼ cup chopped candy cane *or* peppermint candies

● **In a medium mixing bowl combine** the ⅓ recipe cookie dough, chocolate, and the 2 teaspoons milk. Using a wooden spoon, mix till thoroughly combined.

● **Shape dough** into an 8-inch roll. Wrap in waxed paper or clear plastic wrap. Chill for at least 1 to 2 hours. (*Or,* freeze for same time if dough was made with corn oil margarine.)

● **Cut dough** into ¾-inch slices. Cut *each* slice into *quarters.* Shape each quarter into a ball. Place 2 inches apart on an ungreased cookie sheet. Press down in the center of each with your thumb.

● **Bake cookies in a 375° oven** for 8 to 10 minutes or till tops look dry. Transfer cookies to a wire rack. Cool cookies completely.

● **For filling,** in a small mixing bowl combine the ½ recipe Basic Frosting, the 1 teaspoon milk, peppermint extract, and food coloring, if desired. Mix thoroughly. Spoon a *scant teaspoon* of the filling into the center of each cookie. Sprinkle *each* cookie with *some* of the chopped candy. Makes about 48 cookies.

Nutrition information per cookie: *75 cal., 1 g pro., 11 g carbo., 4 g fat, 3 mg chol., 29 mg sodium, 12 mg potassium.*

CHERRY PISTACHIO ROUNDS

A takeoff on the traditional favorite: Santa's Whiskers, a BH&G® all-time favorite recipe that we first published in the late '60s—

⅓ recipe A Trio of Cookies dough (see recipe, *page 113*)
¾ cup maraschino cherries, drained and finely chopped
Few drops red food coloring (optional)
½ cup finely chopped pistachio nuts, pecans, *or* walnuts

● **In a medium mixing bowl combine** the ⅓ recipe cookie dough, cherries, and food coloring, if desired. Using a wooden spoon, mix till thoroughly combined.

● **Shape dough** into a 10-inch roll. Roll dough in nuts till covered. Wrap in waxed paper or clear plastic wrap. Chill for at least 4 hours. (*Or,* freeze for same time if dough was made with corn oil margarine.)

● **Cut dough** into ¼-inch-thick slices. Place 2 inches apart on an ungreased cookie sheet.

● **Bake in a 375° oven** for 8 to 10 minutes or till edges are firm and bottoms are light brown. Transfer cookies to a wire rack; cool. Makes about 36 cookies.

Nutrition information per cookie: *68 cal., 1 g pro., 8 g carbo., 4 g fat, 4 mg chol., 23 mg sodium, 27 mg potassium, and 0 g dietary fiber.*

BASIC FROSTING

Smooth and creamy—

½ cup margarine *or* butter
4 cups sifted powdered sugar
3 Tbsp. milk

HUNT'S® INTRODUCES TWO











½ tsp. vanilla

● **In a small mixer bowl beat** margarine or butter with an electric mixer on medium to high speed about 30 seconds or till softened. Gradually add *2 cups* of the powdered sugar, beating till combined. Beat in milk and vanilla. Gradually beat in remaining powdered sugar till smooth. Divide frosting in half. Use to frost Lemon Almond Tea Cookies and Choco-Mint Thumbprints.

APRICOT MACADAMIA NUT BARK

Tart apricots create a delightful contrast to the sweet bark—

½ cup coarsely chopped macadamia nuts, hazelnuts (filberts), *or* almonds
1 lb. white baking pieces with cocoa butter, cut up, *or* 1 lb. vanilla-flavored confectioner's coating, cut up (3 cups)
⅓ cup finely snipped dried apricots
2 Tbsp. finely snipped dried apricots

● **To toast nuts,** spread in a single layer in a shallow baking pan. Bake in a 350° oven for 7 to 9 minutes or till toasted, stirring occasionally. Cool.

● **Meanwhile, line** a baking sheet with foil; set aside.

● **In a heavy 2-quart saucepan heat** baking pieces or confectioner's coating over low heat, stirring constantly till melted and smooth. Remove from the heat. Stir in nuts and the ⅓ cup dried apricots.

● **Pour mixture** onto the prepared baking sheet, spreading to about a 10-inch circle. Sprinkle with the remaining 2 tablespoons apricots, lightly pressing into mixture. Chill about 30 minutes or till firm. (*Or,* if using confectioner's coating, you can let stand at room temperature for several hours or till firm.)

● **When firm,** use the foil to lift candy from the baking sheet; break candy into pieces. Store candy, tightly covered, in the refrigerator. (*Or,* if using confectioner's coating, you can store, tightly covered, at room temperature.) Makes about 1¼ pounds nut bark.

Nutrition information per ounce: *159 cal., 2 g pro., 14 g carbo., 11 g fat, 0 mg chol., 21 mg sodium, 117 mg potassium, and 0 g dietary fiber.*

ROCKY ROAD FUDGE

Is it worth the time it takes to make this holiday treat? Our taste panel voted an enthusiastic "yes!" You just can't buy a fudge that's this creamy and uniquely flavored—

2 cups packed brown sugar
1 cup sugar
1 8-oz. carton dairy sour cream
½ cup margarine *or* butter
½ tsp. ground cinnamon
½ tsp. grated orange peel
⅛ tsp. ground nutmeg
3 cups semisweet chocolate pieces (18 oz.)
1 7-oz. jar marshmallow creme
1 tsp. vanilla
1¾ cups tiny marshmallows
1 cup chopped walnuts *or* almonds
⅔ cup raisins

● **Line a 13x9x2-inch baking pan** with foil, extending foil over edges of pan. Butter the foil; set pan aside.

● **For fudge,** butter the sides of a heavy 3-quart saucepan. In the pan combine brown sugar, sugar, sour cream, margarine or butter, cinnamon, orange peel, and nutmeg. Cook over medium-high heat to boiling, stirring constantly with a wooden spoon to dissolve sugar.

continued on page 116

NEW SPAGHETTI SAUCES



Christmas Memories

continued from page 115

● **Carefully clip candy thermometer** to side of pan. Cook over medium heat, stirring frequently, till thermometer registers 232°*. Remove pan from heat; remove candy thermometer from pan.

● **Add the chocolate pieces,** the marshmallow creme, and the vanilla. Stir till well blended and the chocolate is melted. Quickly spread about *half* of the fudge mixture in the prepared pan. Sprinkle with the marshmallows, *half* of the walnuts or almonds, and all of the raisins. Quickly top with the remaining fudge mixture (see photo, *at right).* Sprinkle with the remaining walnuts or almonds, pressing lightly into the fudge.

While fudge is warm, score it into small squares. When firm, lift out of pan and cut into squares. Store, tightly covered, in the refrigerator. Makes about 4 pounds, 70 servings.



Pour remaining fudge quickly over marshmallows, nuts, and raisins before it starts to set up and harden.

***Note:** Use a candy thermometer to cook this creamy fudge to perfection. Test your thermometer for accuracy by placing it in boiling water. If the thermometer registers above or below 212°, add or subtract the same number of degrees from the recipe temperature and cook candy to that temperature.

***Nutrition information per serving:** 119 cal., 1 g pro., 18 g carbo., 6 g fat, 1 mg chol., 24 mg sodium, 74 mg potassium, and 0 g dietary fiber.*

TOFFEE CARAMELS

So easy, but such a treat. And only three ingredients—

1 14-oz. pkg. vanilla caramels (approximately 48 to 50 caramels)
12 oz. chocolate-flavored confectioner's coating, coarsely cut up
2 6-oz. pkgs. almond brickle pieces (about 2 cups)

● **Unwrap caramels.** Set aside.

● **In a heavy small saucepan** place confectioner's coating over low heat, stirring occasionally, just till melted. Remove from heat.

● **Meanwhile, place** brickle pieces in a small bowl.

● **Drop caramels,** one at a time, into coating; turn to coat. With a fork, lift caramel out, drawing fork across rim of pan to remove excess coating. Drop into brickle pieces, turning to coat entire caramel. Using a fork, transfer caramel to a wax-paper-lined baking sheet. Repeat with remaining caramels. Let stand about 30 minutes or till firm. *Or,* chill about 10 minutes or till firm. Store in a tightly covered container for up to 7 days. Makes 48 to 50 caramels.



Nutrition information per caramel: *108 cal., 0 g pro., 16 g carbo., 5 g fat, 0 mg chol., 58 mg sodium, 21 mg potassium, and 0 g dietary fiber.*

SHIITAKE MUSHROOM AND SPINACH BROTH

Look for shiitake mushrooms, a Japanese variety also called black mushrooms or winter mushrooms, in gourmet markets or near other oriental products in your grocery store—

- **7 to 8 dried shiitake mushrooms *or* other dried mushrooms**
- **1 large carrot**
- **4 14½-oz. cans chicken broth**
- **2 Tbsp. minced dried onion**
- **1 Tbsp. lemon juice**
- **½ tsp. dried basil, crushed**
- **⅛ tsp. garlic powder**
- **1½ cups chopped fresh spinach *or* watercress**

● **In a small bowl soak** mushrooms in enough *hot water* to cover for 30 minutes. Rinse well and squeeze to drain thoroughly. Thinly slice, discarding stems.

● **For carrot flowers,** use the sharp tip of a clean bottle opener to make 5 grooves lengthwise down the side of the carrot (see photo, *at right).* Slice carrot. (*Or,* slice carrot and use hors d'oeuvre cutters to cut flowers or other designs from each slice.)



To carve carrot flowers, run the sharp tip of a bottle opener down the carrot, making five lengthwise grooves; slice carrot.

● **In a large saucepan or kettle** combine mushrooms, carrot flowers, broth, onion, lemon juice, basil, and garlic powder. Bring to boiling. Reduce heat and simmer, covered, for 8 to 10 minutes or till carrot is almost tender, stirring occasionally.*

● **Stir in spinach** or watercress. Cover; simmer about 2 minutes more or till spinach is tender. Ladle into soup bowls. Makes 8 appetizer servings.

***To make ahead:** Prepare broth as directed, *except* do not add the spinach. Cool. Transfer to a storage container and chill for up to several days. To serve, transfer to a large saucepan and heat through. Stir in spinach or watercress and continue as directed.

Nutrition information per serving: *53 cal., 5 g pro., 6 g carbo., 1 g fat, 1 mg chol., 666 mg sodium, 341 mg potassium, 2 g dietary fiber. U.S. RDA: 49% vit. A, 11% riboflavin, 26% niacin.*

BEEF TENDERLOIN WITH PORT SAUCE AND PASTRY LEAVES

A spectacular entrée for your annual Christmas dinner—

- **½ of a 17¼-oz. pkg. (1 sheet) frozen puff pastry, thawed**
- **1 egg white**
- **1 3-lb. beef tenderloin**
- **1½ cups beef broth**
- **¾ cup tawny port *or* dry red wine**
- **2 Tbsp. finely chopped shallot *or* onion**

continued on page 118



Christmas Memories

continued from page 117

½ tsp. dried rosemary, crushed
1 bay leaf
3 Tbsp. margarine *or* butter, softened
2 Tbsp. all-purpose flour
Fresh rosemary sprigs (optional)

● **Unfold pastry.** On a lightly floured surface roll pastry to eliminate crease. With a small knife or leaf-shaped cookie cutter, cut 16 leaf shapes out of puff pastry (see photo, *at right*).

● **Transfer pastry leaves** to an ungreased baking sheet. With the tip of the knife, cut into each pastry leaf slightly to make the leaf veins. Brush *each* with *some* of the egg white. Bake in a 400° oven about 10 minutes or till golden and flaky. Cool. If desired, store, tightly covered, at room temperature for up to 12 hours.

● **If tenderloin is long and thin,** fold narrow ends under and tie. If tenderloin is flat and wide, tie crosswise in two or three places to form a rounder shape. (You want the tenderloin to be about 8x4½ inches when you are through tying.) Place tenderloin on a rack in a shallow roasting pan.

● **Roast tenderloin, uncovered,** in a 425° oven for 45 to 60 minutes or to desired doneness (140° for rare or 145° for medium rare). With a sharp knife, slice into 8 portions.

● **Meanwhile, for port sauce,** in a medium saucepan combine broth, port or wine, shallot or onion, dried rosemary, and bay leaf. Bring to boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes. (You should have about *1⅓ cups.*) Remove bay leaf.

● **Stir together** margarine or butter and flour. Add to wine mixture. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more.

● **To serve,** place a portion of tenderloin on *each* dinner plate. Spoon about *3 tablespoons* of the port sauce over *each* portion. Top *each* with *2* pastry leaves and fresh rosemary sprigs. Makes 8 servings.

To make sauce ahead: Prepare and simmer but don't thicken. Cool. Transfer to a storage container and chill for up to 2 days. Before serving, return to a medium saucepan and heat through. Continue by stirring together margarine or butter and flour and thickening sauce as directed.



With a small knife, cut out pastry leaves. The leaves should be the same size, in order to cook evenly.

Nutrition information per serving: *460 cal., 39 g pro., 13 g carbo., 25 g fat, 108 mg chol., 431 mg sodium, 603 mg potassium, and 0 g dietary fiber. U.S. RDA: 20% thiamine, 37% riboflavin, 43% niacin, 29% iron.*

GLAZED VEGETABLE TRIO

If it's easier for you, cook the brussels sprouts and corn on the stove top according to package directions—

1 8-oz. pkg. frozen brussels sprouts
1 8-oz. pkg. frozen baby corn on the cob
2 Tbsp. water
3 Tbsp. brown sugar
3 Tbsp. margarine *or* butter
1 tsp. vinegar
1 large onion, thinly sliced and separated into rings

● **In a 2-quart microwave-safe** casserole combine brussels sprouts, corn, and water. Micro-cook, covered, on 100% power (high) for 8 to 10 minutes or till vegetables are just crisp-tender, stirring once. Drain.

● **Meanwhile,** in a large saucepan combine brown sugar, margarine or butter, and vinegar. Cook and stir over medium heat for 1 to 2 minutes or till blended. Add onions. Cook, uncovered, over low heat for 10 to 12 minutes or till onions are glazed and tender, stirring occasionally.

● **Add corn mixture** and stir to coat. Cook for 1 to 2 minutes more to heat through. Makes 8 side-dish servings.

Nutrition information per serving: *84 cal., 2 g pro., 10 g carbo., 4 g fat, 0 mg chol., 63 mg sodium, 135 mg potassium, and 2 g dietary fiber. U.S. RDA: 25% vit. C.*

WHOLE WHEAT BRIOCHE

For variety, omit the almonds on top and instead sprinkle with poppy seed or caraway seed after brushing with egg white mixture—

1 pkg. active dry yeast
1 cup warm water (105° to 115°)
½ cup margarine *or* butter

HOW TO PLAN AN ELEGANT DINNER MENU

DAYS AHEAD:

-Make and chill Cranberry-Pear Relish.

-Prepare and freeze cake layers for the Double Chocolate Orange Torte.

-Whip Minted Whipped Cream; freeze the dollops.

-Shave and freeze candy curls for the Crème De Menthe Coffee and chocolate curls for the torte.

UP TO 2 DAYS AHEAD:

-Make and chill the Port Sauce.

UP TO 1 DAY AHEAD:

-Prepare and chill dough for Whole Wheat Brioche.

-Make and chill Bittersweet Chocolate Icing for the torte.

THE MORNING OF:

-Cut out and bake pastry leaves. Store, tightly covered, at room temperature.

-Cut carrot flowers and chop spinach for Shiitake Mushroom and Spinach Broth.

TWO HOURS BEFORE DINNER:

-Let icing come to room temperature.

-Assemble torte.

-Shape brioche; let rise.

ONE HOUR BEFORE DINNER:

-Bake brioche.

-Roast tenderloin.

-Soak mushrooms for Shiitake Mushroom and Spinach Broth.

BEFORE DINNER:

-Prepare Glazed Vegetable Trio.

-Finish cooking (or reheat) the Shiitake Mushroom and Spinach Broth.

-Heat and thicken the Port Sauce.

-Brew coffee for Crème De Menthe Coffee.


The Duncan Hines®
12 Treats of Christmas
To help you bake your moist delicious best, Duncan Hines is proud to offer you some of our favorite recipes for your family to enjoy. From all of us at Duncan Hines, we wish you a very happy holiday season!
Duncan Hines®



Peanut Butter Sparkler Cookies

1 package Duncan Hines Peanut Butter Cookie Mix
1 egg
Assorted colored sugar crystals, nonpariels or decors

1. Preheat oven to 375°F.
2. Combine cookie mix and egg in large bowl. Stir until thoroughly blended.
3. Shape dough into 36 one-inch balls. Flatten with bottom of glass dipped in all-purpose flour or granulated sugar. Decorate as desired. Press decorations lightly into cookie dough. Place 2 inches apart on ungreased baking sheet.
4. Bake at 375°F for 7 or 8 minutes or until set. Remove immediately from baking sheet to cooling rack.

Note: *For a festive variation, cookie dough balls can be rolled in desired decoration before baking. Bake 8 or 9 minutes or until set. Cool one minute on baking sheet. Remove to cooling rack.*

3 DOZEN COOKIES

Rich Double Chocolate Cream Torte

Brownie
1 package Duncan Hines Brownies Plus Walnuts Mix
3 eggs
⅓ cup water
⅓ cup Crisco® Oil or Puritan® Oil

Chocolate Butter Cream
1 package (6 ounces) semi-sweet chocolate chips, melted
½ cup butter or margarine, softened
1 cup chilled whipping cream, divided

Whipped Cream
2 Tablespoons sugar
1 Tablespoon chocolate jimmies

1. Preheat oven to 350°F. Grease and flour 9-inch round pan.
2. **For brownie,** combine brownie mix, eggs, water and oil in large bowl. Stir with spoon until well blended, about 50 strokes. Pour into pan. Bake at 350°F for 35 to 40 minutes. Cool 30 minutes. Run knife around edge of pan. Invert onto serving platter.
3. **For chocolate butter cream,** stir together melted chocolate, softened butter and 2 tablespoons whipping cream. Spread over top of brownie.
4. **For whipped cream,** beat remaining whipping cream and sugar with electric mixer on high speed for 1 to 3 minutes or until thick. Spread over chocolate butter cream. Sprinkle with chocolate jimmies. Refrigerate until ready to serve.

8 TO 12 SERVINGS





Brownie Hot Fudge Sundaes

1 package Duncan Hines Fudge Brownie Mix, Family Size
½ gallon mint chocolate chip ice cream
1 container (8 ounces) frozen whipped topping, thawed
20 whole maraschino cherries

Fudge Sauce
1 package (6 ounces) semi-sweet chocolate chips
2 Tablespoons butter or margarin
1 can (14 ounces) sweetened condensed milk
1 teaspoon vanilla extract

1. Preheat oven to 350°F. Grease bottom of 13 x 9 x 2-inch pa
2. Prepare, bake and cool brownie mix following package directions. Cool completely. Cut into 20 servings.
3. **For fudge sauce,** combine chocolate chips, butter, sweetene condensed milk and vanilla extract in medium saucepan. Cook over medium heat, stirring constantly, until mixture is hot and slightly thickened.
4. For each serving, place brownie on plate. Top with scoop o ice cream and dollop of whipped topping. Garnish with maraschino cherry.

20 SERVINGS





Gingerbread Men

1 package Duncan Hines Moist Deluxe Spice Cake Mix
½ cup all-purpose flour
2 eggs
⅓ cup Crisco® Oil or Puritan® Oil
⅓ cup dark molasses
2 teaspoons ground ginger
Assorted candies, nonpariels, decors or raisins for decorations

1. Combine cake mix, flour, eggs, oil, molasses and ginger (mixture will be soft). Refrigerate 2 hours.
2. Preheat oven to 375°F.
3. Roll dough to ¼-inch thickness on lightly floured surface. Cut with gingerbread man cookie cutter. Place on ungreased baking sheet 3 inches apart. Decorate with assorted candies, nonpariels, decors or raisins.
4. Bake at 375°F for 8 to 10 minutes or until edges start to brown. Remove immediately to cooling rack.

Tip: *To make holes for hanging cookie ornament, push straw or meat skewer in head section of cookie before baking.*

12 TO 14 SIX-INCH GINGERBREAD MEN



Cherry Christmas Wreaths



1 package Duncan Hines Moist Deluxe Devil's Food Cake Mix
2 containers (16 ounces each) Duncan Hines Cream Cheese Frosting
Green food coloring
1 can (20 ounces) light cherry pie filling
½ teaspoon cinnamon
¼ teaspoon almond extract

1. Preheat oven to 350°F. Grease and flour 10-inch tube pan.
2. Prepare, bake and cool cake following package directions for bundt pan.
3. Split cooled cake into two layers. Reserve 1 cup cream cheese frosting. Spread remaining frosting on tops and sides of both cakes. Add green food coloring to reserved 1 cup frosting to tint deep green. Decorate cakes around edges of top (including center top edge) and bottom using decorating bag and desired tip.
4. Combine pie filling, cinnamon and almond extract in medium bowl. Spoon half of cherry mixture on top of each cake between green rings.

Note: *Recipe makes two Cherry Christmas Wreaths.*
Tip: *For ease in spreading frosting, freeze split cake layers.*

16 TO 20 SERVINGS



Individual Cheesecake Cups

Crust
1 package Duncan Hines Moist Deluxe Yellow or Devil's Food Cake Mix
¼ cup butter or margarine, melted

Cheese Filling
2 packages (8 ounces each) cream cheese, softened
3 eggs
¾ cup sugar
1 teaspoon vanilla extract

Topping
1½ cups dairy sour cream
¼ cup sugar
1 can (21 ounces) cherry pie filling (optional)

1. Preheat oven to 350°F. Place 2½-inch paper or foil liners in 24 muffin cups.
2. **For crust,** combine dry cake mix and melted butter in large bowl. Beat at low speed with electric mixer for 1 minute (mixture will be crumbly). Divide mixture evenly in muffin cups. Level but do not press.
3. **For filling,** combine cream cheese, eggs, ¾ cup sugar and vanilla extract in medium bowl. Beat at medium speed with electric mixer until smooth. Spoon evenly into muffin cups. Bake at 350°F for 20 minutes or until mixture is set.
4. **For topping,** combine sour cream and ¼ cup sugar in small bowl. Spoon evenly over cheesecakes. Return to oven for 5 minutes. Cool. Garnish each cheesecake with cherry pie filling, if desired. Refrigerate until ready to serve.

24 SERVINGS





Peppermint Marble Angel Cake

Cake
1 package Duncan Hines Angel Food Cake Mix
1 teaspoon peppermint extract
6 drops red food coloring

Glaze
1 cup confectioners sugar
2 Tablespoons milk
¼ teaspoon peppermint extract
3 drops red food coloring
1 peppermint candy stick, crushed (optional)

1. Preheat oven to 375°F.
2. **For cake,** prepare batter following package directions. Stir in peppermint extract. Divide and tint half of batter with red food coloring. Spoon batter into ungreased 10-inch tube pan alternating colors to marble. Bake and cool cake following package directions. Brush loose crust from cake with paper towel.
3. For glaze, combine sugar, milk, peppermint extract and red food coloring in small bowl. Stir until smooth. Drizzle over cake. Sprinkle with crushed peppermint candy, if desired.

12 TO 16 SERVINGS





Blueberry Sour Cream Coffeecake

Coffeecake

1 package Duncan Hines Blueberry Muffin Mix
⅓ cup dairy sour cream
¼ cup milk
1 egg
¼ cup blueberry preserves

Glaze

½ cup confectioners sugar
2½ teaspoons water

1. Preheat oven to 375°F. Grease an 8- or 9-inch round cake or pie pan.
2. Rinse blueberries with cold water and drain.
3. **For coffeecake,** combine dry muffin mix, sour cream, milk and egg in medium bowl. Stir until ingredients are moistened. Spread half of batter into pan.
4. Combine blueberries and preserves in small bowl. Spread half of blueberry mixture on top of batter. Spread remaining batter over blueberry layer. Spread remaining fruit on top, avoiding edges. Bake at 375°F for 30 to 35 minutes for 8-inch pan (or 25 to 30 minutes for 9-inch pan) or until golden.
5. **For glaze,** combine confectioners sugar and water in small bowl; stir until smooth. Drizzle over hot coffeecake.

9 SERVINGS





Chocolate Cherry Cordial Drops

1 package (17.5 oz.) Duncan Hines Chocolate Chip Cookie Mix
1 egg
2 teaspoons water
¼ cup chopped maraschino cherries, well drained
¼ cup flaked coconut
1½ cups chopped pecans

1. Preheat oven to 375°F.
2. Combine cookie mix, egg and water in large bowl. Stir until thoroughly blended. Stir in cherries and coconut.
3. Shape dough into 36 balls. Roll in nuts. Place 2 inches apart on ungreased baking sheet.
4. Bake at 375°F for 11 or 12 minutes or until cookies are set and lightly browned. Cool one minute on baking sheet. Remove to cooling rack.

3 DOZEN COOKIES

Festive Coconut Macaroon Cookies

1 package Duncan Hines Golden Sugar Cookie Mix
2 egg whites, divided
1 teaspoon coconut flavor or almond extract
1¾ cups flaked coconut, divided
Red candied cherries, halved

1. Preheat oven to 375°F.
2. Combine cookie mix, 1 egg white, coconut flavor or almond extract and ½ cup coconut in large bowl. Stir until thoroughly blended.
3. Shape dough into one-inch balls. Dip into remaining egg white. Roll in remaining coconut. Place on ungreased baking sheet. Press candied cherry half into center of each cookie.
4. Bake at 375°F for 8 minutes or until coconut is light golden brown. Cool one minute on baking sheet. Remove to cooling rack.



2½ DOZEN COOKIES

Christmas Memories

continued from page 118

- **⅓ cup packed brown sugar**
- **½ tsp. salt**
- **3 cups all-purpose flour**
- **3 eggs**
- **1¼ cups whole wheat flour**
- **24 whole almonds**
- **1 egg white**
- **1 Tbsp. water**

● **In a small bowl soften** yeast in *¼ cup* of the *warm* water.

● **In a large mixer bowl beat** margarine or butter, brown sugar, and salt till fluffy. Add the remaining warm water, *1 cup* of the all-purpose flour, and whole eggs. Beat well. Add softened yeast and beat well. Using a spoon, stir in the remaining all-purpose flour and whole wheat flour till dough is smooth.

● **Place in a greased bowl.** Cover; let rise in a warm place till double (about 2 hours). Punch down. Cover with plastic wrap. Chill for 2 to 24 hours.

● **Punch dough down.** Turn out onto a lightly floured surface. Cut dough into 6 portions; cut each portion into 5 pieces. With floured hands, shape each piece into a ball. (You will have 30 balls.)

● **Place rolls** into greased muffin pans or individual brioche pans. Using a sharp knife, cut a little slit in the top of each roll. Place *one* almond sideways into *each* slit. Cover; let rise in a warm place for 30 minutes.

● **In a small bowl stir together** egg white and the 1 tablespoon water. Brush over tops of rolls and almonds.

● **Bake in a 425° oven** for 12 to 15 minutes or till rolls sound hollow when tapped. Remove from pans; cool on a wire rack. Makes 30 rolls.

Nutrition information per roll: *113 cal., 3 g pro., 16 g carbo., 4 g fat, 21 mg chol., 81 mg sodium, 63 mg potassium, and 1 g dietary fiber. U.S. RDA: 13% thiamine, 10% riboflavin.*

CRANBERRY-PEAR RELISH

Make this vivid red relish ahead, transfer to a storage container, and chill for up to one week—

- **1½ cups sugar**
- **½ cup water**
- **1 12-oz. pkg. (3 cups) cranberries**
- **2 medium pears, cored and cubed (2 cups)**
- **½ tsp. ground nutmeg**
- **½ tsp. ground allspice**
- **4 inches stick cinnamon**

● **In a 2-quart saucepan bring** sugar and water to boiling, stirring to dissolve sugar. Boil rapidly, uncovered, for 5 minutes.

● **Add** cranberries, pears, nutmeg, allspice, and cinnamon. Return to boiling. Cook for 3 to 4 minutes or till cranberry skins pop, stirring occasionally. Remove from heat. Cover and chill. Remove cinnamon before serving. Makes about 3¼ cups.

Nutrition information per 1/4 cup: *117 cal., 0 g pro., 30 g carbo., 0 g fat, 0 mg chol., 1 mg sodium, 52 mg potassium, and 2 g dietary fiber.*

DOUBLE CHOCOLATE ORANGE TORTE

Moist and fudgy and incredibly rich—a perfect last course for such a grand celebration dinner. For a nonalcoholic version, simply replace the orange liqueur with orange juice. Or, if making the raspberry version, simply leave out the raspberry liqueur—

- **3 squares (3 oz.) unsweetened chocolate, coarsely chopped**
- **1 cup sugar**
- **¾ cup all-purpose flour**
- **1½ tsp. baking powder**
- **½ tsp. baking soda**
- **½ tsp. salt**
- **½ cup margarine *or* butter**
- **½ cup water**
- **2 Tbsp. orange liqueur**
- **1 Tbsp. finely shredded orange peel**
- **4 eggs**
- **1 Tbsp. orange liqueur**
- **1 Tbsp. orange juice**
- **½ cup orange marmalade**

• • •

- **1 recipe Bittersweet Chocolate Icing (see recipe, *page 133*)**
- **Chocolate curls (optional)**

● **Grease** an 8x8x2-inch baking pan. Line the bottom with waxed paper; grease the paper. Dust the pan with flour; tap out excess flour.

● **In a heavy saucepan place** chopped unsweetened chocolate over low heat, stirring constantly, till chocolate just starts to melt. Remove from heat; stir till smooth. Cool.

● **In a large mixer bowl combine** sugar, flour, baking powder, baking soda, and salt. Add margarine or butter, water, the 2 tablespoons liqueur, and orange peel. Beat with an electric mixer on medium speed till combined. Beat on high speed for 2 minutes. Add

continued on page 133

WIN MORE THAN PRAISE FOR YOUR DESSERT.

Duncan Hines

Enter the Duncan Hines "MIX IT UP" Recipe Contest!

Combine any Duncan Hines baking mix with your own special ingredients to create a moist, delicious dessert that's uniquely yours.

Just send us your original recipe with two (2) Duncan Hines proofs of purchase, and you could win one of these prizes:

GRAND PRIZE:
27" Toshiba TV

3 FIRST PRIZES:
Black & Decker electronic 12-speed stand mixer

10 SECOND PRIZES:
Coupons for $100 worth of Duncan Hines products

25 THIRD PRIZES:
Better Homes and Gardens "Recipes from Prizewinning Cooks" cookbook

Contest Rules

1. Contest is open to U.S. residents, except employees of Procter & Gamble and Meredith Corporation, their affiliates, subsidiaries and families. Residents of Vermont, Arizona and Maryland are not eligible. 2. With each entry include two (2) Duncan Hines proofs of purchase and clearly type or print your name, address and recipe. Specify brands of ingredients used and recipe origin. 3. Address recipes to BH&G/DUNCAN HINES CONTEST, BOX 11017, DES MOINES, IOWA 50336-1017. 4. All entries must be postmarked by January 12, 1991. No responsibility is assumed for lost, late or misdirected entries. 5. Winners will be selected about 60 days later and will be notified by mail. 6. Entries must be original and include use of a Duncan Hines product. Entries will be judged on creativity, taste and practicality. 7. Entries will not be returned. All copyright rights of winning recipes belong to Procter & Gamble. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for promotional purposes. 9. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winners. 10. For a list of prizewinners (available after March 15, 1991), send a separate, self-addressed stamped envelope to BH&G Promotion Dept., 750 Third Ave., New York, NY 10017.



We've put fiber in Roman Meal for 75 years because people need fiber from day one.



When you believe in good, sound nutrition as much as Roman Meal does, you know that good eating habits start when you're young.

Seventy-five years ago, we knew that your body needed roughage for a healthy digestive system. Today it's called insoluble fiber. And you'll still find a good, healthy amount of it in the wheat bran we use in Roman Meal bread.

Insoluble fiber can help you watch your weight, too. Our fiber-rich Roman Light breads are naturally low in calories and they help give you a nice, full feeling after you eat.

Roman Meal Is A Sponsor Of THE AMERICAN MEDICAL ASSOCIATION'S CAMPAIGN AGAINST CHOLESTEROL.

Now there's good news about another kind of fiber: soluble fiber. That's the kind that's in our oat bran breads. The latest research indicates that when used as part of a low-fat, low-cholesterol diet, soluble fiber may help you to reduce your serum cholesterol.

Of course, if you want your kids to get fiber, you'd better make sure it tastes good. That's one reason why we still use honey in our breads. The other's because we like it ourselves.

Today, we still mill and blend Roman Meal to make sure that each new loaf tastes as good as the last. Natural whole grain goodness.® It's been in our bread from the beginning.

So do something your kids will appreciate for the rest of their lives. Start them on fiber-rich Roman Meal breads today.

It's What's Inside That Counts.™

ROMAN MEAL®

© 1989 Roman Meal Com

Christmas Memories

continued from page 131

melted chocolate and eggs; beat 2 minutes more. Pour batter into the prepared pan.

● **Bake in a 350° oven** for 30 to 40 minutes or till a wooden toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes. Loosen edges of cake with a spatula. Invert. Remove the pan and waxed paper. Cool completely.

● **Combine** the 1 tablespoon liqueur and orange juice. Split cake in half horizontally. Sprinkle *each* cut side with *half* of the liqueur mixture. Place bottom half of cake on a platter; spread marmalade evenly atop. Top with remaining cake layer.

● **Frost cake** with the Bittersweet Chocolate Icing. (Will hold up to several hours.) If desired, decorate the sides of the frosted cake with chocolate curls pressed into icing. Makes 10 to 12 servings.

Double Chocolate Raspberry Torte: Prepare Double Chocolate Orange Torte as directed, *except* omit orange peel and orange juice and substitute *raspberry liqueur* for orange liqueur. Use *2 tablespoons* raspberry liqueur to sprinkle on the cake. Substitute *seedless red raspberry preserves* for orange marmalade.

Nutrition information per serving: *412 cal., 5 g pro., 51 g carbo., 22 g fat, 93 mg chol., 329 mg sodium, 159 mg potassium, and 2 g dietary fiber. U.S. RDA: 22% vit. A, 10% thiamine, 16% riboflavin, 10% iron.*

BITTERSWEET CHOCOLATE ICING

Only three ingredients, but oh so wonderfully decadent—

¼ cup whipping cream
1 Tbsp. light corn syrup
4 oz. semisweet chocolate, finely chopped *or* ⅔ cup semisweet chocolate pieces

● **In a small heavy saucepan combine** whipping cream and corn syrup. Bring just to boiling, stirring constantly. Remove from heat; stir in chocolate till chocolate is melted and smooth. Cool to room temperature. Stir before using. Makes ¾ cup.

CRÈME DE MENTHE COFFEE

To make the chocolate-mint candy curls, use a vegetable peeler to shave the long, narrow edge of the chocolate-mint candy—

1 cup water
⅓ cup sugar
6 layered chocolate-mint candies
¾ cup milk
¾ cup light cream
2 cups freshly-made hot double-strength coffee

• • •

1 recipe Minted Whipped Cream
4 to 6 layered chocolate-mint candies, shaved into curls

● **In a small saucepan combine** water, sugar, and the 6 whole chocolate-mint candies. Heat till sugar dissolves and candies melt.

● **Add** milk and cream; heat through. Stir in coffee.

● **Pour** into eight 6- to 8-ounce heatproof mugs, cups, or glasses. Top *each* serving with a dollop of Minted Whipped Cream; sprinkle with chocolate-mint candy curls. Makes 8 (5-ounce) servings.

Minted Whipped Cream: In a chilled small mixer bowl combine

continued on page 134

Taste these and you'll know what Citrus Hill® freshness is all about.



Fresh Fruit from Citrus Hill!

To make Citrus Hill juice we start with fresh fruit right from the tree. This fresh Florida citrus not only makes great juice, but is also a perfect gift for your friends and a special treat for your family. Hand-packed fresh from the grove, it's another way to enjoy all the purity and goodness you've come to expect from Citrus Hill.



CALL 1-800-288-0898

Have grove-fresh Oranges and Indian River Grapefruit delivered anywhere in the U.S. (except Ariz.) in the following sizes:

¼ Bushel $19.95
½ Bushel $26.95
1 Bushel $38.95

Specify Oranges, Grapefruit or mixed boxes. Delivery included (allow 2 weeks). Make check/money order payable to Citrus Hill Fresh Fruit. Visa, MC, AE and Discover accepted. Include account # and Exp. date. No COD's, please.



Citrus Hill Fresh Fruit,
P.O. Box 5130, Dept. B, Vero Beach, FL 32961-5130

Christmas Memories

continued from page 133

¾ cup *whipping cream,* 3 tablespoons *crème de menthe* or *crème de menthe flavoring,* and 2 tablespoons *sugar.* Using chilled beaters, beat with an electric mixer on medium speed till soft peaks form when beaters are lifted. Makes 4½ cups.

Nutrition information per serving: *210 cal., 2 g pro., 22 g carbo., 12 g fat, 41 mg chol., 42 mg sodium, 120 mg potassium. U.S. RDA: 16% vit. A.*

SKATING BEARS AND SLEDDING TEDDIES

Ginger cookies were never so fun!

1 cup margarine *or* butter
⅔ cup packed brown sugar
⅔ cup corn syrup *or* molasses
4 cups all-purpose flour
2 tsp. ground cinnamon
1 tsp. ground ginger
¾ tsp. baking soda
¾ tsp. ground cloves
1 beaten egg
1½ tsp. vanilla
1 recipe Decorating Frosting (optional), (see recipe, *right*)
Miniature semisweet chocolate pieces
Medium candy canes (about 6 inches) (optional)
Graham crackers (optional)

● **In a medium saucepan** stir margarine or butter, brown sugar, and corn syrup or molasses over medium heat till margarine melts and sugar dissolves. Pour into a large mixing bowl; cool for 5 minutes.

● **Meanwhile,** in a large mixing bowl combine flour, cinnamon, ginger, soda, and cloves.

● **Add** egg and vanilla to margarine mixture; mix well. Add the flour mixture and beat till well mixed. Cover and chill dough for at least 2 hours or overnight.

● **To make *each* adult bear,** shape dough into one 1½-inch ball (for body), one 1-inch ball (for head), three ¼-inch balls (for nose and ears), two 1¾-inch-long by ½-inch-wide logs (for arms), and two 1½-inch-long by ¾-inch-wide logs (for legs). If desired, taper arms and legs so they are slightly wider at hand and feet ends.

● **On an ungreased cookie sheet** flatten the 1½-inch ball for body to a 2-inch round. Attach the 1-inch ball for head, and flatten to a 1½-inch round. Attach the ¼-inch balls to the head for nose and ears. Attach the 1¾-inch-long logs for arms and the 1½-inch-long logs for legs. (*Do not* attach legs if making sledding bears). (See photo, *page 104.)*

● **To make youth bears,** make balls and logs a little smaller than those for the adult bears. To make baby bears, make balls and logs a little smaller than those for the youth bears. On an ungreased cookie sheet assemble as for adult bear, flattening the body and head. Attach nose, ears, arms, and legs. (*Do not* attach legs if making sledding bears.)

● **For bears holding hands, assemble** side by side on baking sheet. Press hands together.

● **To decorate all bears** before baking, press in miniature chocolate pieces, point side up, for eyes. For paws, press miniature chocolate pieces, point side down, into ends of arms and legs. (Press into arms only if making skating bears.)

● **Bake in a 325° oven** 15 minutes for adults, 12 minutes for youths, or 8 minutes for babies or till edges are light brown. Transfer to a rack; cool.

● **For skating bears,** cut small rectangles of heavy foil; diagonally trim ends to resemble skate blades. Attach under end of bears' legs with Decorating Frosting, leaving the longer side of each foil "blade" showing.

● **For sledding teddies,** make a sled by attaching *2* candy canes (for runners) to a whole graham cracker with Decorating Frosting. Attach bodies upright to the sled with Decorating Frosting. (You may find it easier to cut the rounded end of the body off, making it easier to attach to the sled.) Then, use Decorating Frosting to attach legs to body and sled as if the bear were sitting with legs out front on the sled (see photo, *page 104*). To have a baby bear sitting atop the larger bear, attach the baby bear's body to the larger bear with Decorating Frosting. Attach the legs with frosting to the larger bear's legs. Makes 12 adult or 21 youth or 36 baby bear cookies.

Nutrition information per youth cookie: *227 cal., 3 g pro., 34 g carbo., 9 g fat, 10 mg chol., 143 mg sodium, 64 mg potassium. U.S. RDA: 14% vit. A, 19% thiamine, 11% riboflavin, 11% niacin.*

DECORATING FROSTING

Use this frosting as glue when making the skating and sledding bears —

¼ cup shortening
¼ tsp. vanilla
1¼ cups sifted powdered sugar
Milk

● **In a small mixer bowl beat** the shortening and vanilla with an electric mixer for 30 seconds or till softened. Gradually beat in powdered sugar. Beat in enough milk (about *1 tablespoon*) to make a frosting of spreading consistency.

MICROWAVE NOTE

Our microwave recipes are thoroughly tested in a variety of microwave ovens, including high-wattage (600 to 700 watts) and low-wattage (400 to 500 watts). If the low-wattage cooking times differ from the high-wattage times, they appear in parentheses. H/C

DECEMBER RECIPE INDEX

MAKING CHRISTMAS MEMORIES
A Trio of Cookies 113
Apricot Macadamia Nut Bark 115
Basic Frosting 114
Beef Tenderloin with Port Sauce and Pastry Leaves 117
Bittersweet Chocolate Icing 133
Brandied Fruit Bars 111
Cherry and Hazelnut Sundaes 107
Cherry Pistachio Rounds 114
Choco-Mint Thumbprints 113
Cranberry-Pear Relish 131
Crème Brûlée Tart 107
Crème de Menthe Coffee 133
Decorating Frosting 134
Double Chocolate Orange Torte 131
Double Chocolate Raspberry Torte 133
Dried Cherry Sauce 108
Eggnog Kringla 112
Glazed Vegetable Trio 118
Lemon Almond Tea Cookies 113
Minted Whipped Cream 133
Potato Cakes with Seafood 109
Red Pepper Dip 110
Rocky Road Fudge 115
Shiitake Mushroom and Spinach Broth 117
Skating Bears and Sledding Teddies 134
Spiced Cranberry Tea 109
Spicy-Sweet Chicken Drummies 111
Toffee Caramels 116
Whole Wheat Brioche 118
Whole Wheat Pizza Tart 109

PRIZE TESTED RECIPES
Banana Gingerbread 138
Eggnog-Nut Stollen 137
Seafood Lasagna 138
Spinach-Stuffed Turkey Breast 137



The Homemade Classic

Show your family how much you care by giving them a pumpkin pie from the heart instead of from the freezer. Libby's famous pumpkin pie has been a homemade classic for generations. Make it easy and delicious with Libby's Pumpkin and Pillsbury All Ready Pie Crusts, the crust that bakes, tastes, and flakes like scratch.

LIBBY'S FAMOUS PUMPKIN PIE

- 1 pkg. (15 oz.) Pillsbury® All Ready Pie Crusts*
- 1 tsp. flour
- 2 eggs, slightly beaten
- 1 can (16 oz.) Libby's® Solid Pack Pumpkin
- ¾ cup sugar
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- 1 can (12 fl. oz.) Carnation® Evaporated Milk

Heat oven to 425° F. Prepare pie crust according to package directions for filled one-crust pie. Refrigerate remaining pie crust for later use. Flute edge to stand ½ inch above rim. Mix filling ingredients in order given. Pour into pie crust-lined pan. Bake at 425° F for 15 minutes. Reduce heat to 350° F; continue baking 35 to 45 minutes or until knife inserted near center of pie comes out clean. (If necessary, cover edge of crust with a strip of aluminum foil to prevent excessive browning.) Cool completely. Garnish, if desired, with whipped topping.

© 1990, The Pillsbury Co. © 1990, Carnation Co. *In the dairy case



For over 100 additional ways to use Libby's Pumpkin, send for our new cookbook. Details are on every can.



START FRESH AND TASTE THE DIFFERENCE.



Start with the freshest tasting raisins, and all your favorite baked treats will naturally taste sweet, moist and delicious.

Cinnamon Raisin Oat Triangle

2 cups rolled oats
1 cup all-purpose flour
3/4 cup packed brown sugar
1 teaspoon cinnamon
1/2 teaspoon baking soda
3/4 cup butter, melted
1 cup Sun-Maid Raisins
*1/4 cup apple jelly**
Cinnamon Icing

Combine oats, flour, brown sugar, cinnamon and soda; mix well. Stir in butter until evenly mixed. Remove one cup crumb mixture; set aside. Pat remaining mixture into greased 9″ square pan.

Combine raisins and jelly; toss with reserved crumb mixture. Sprinkle ove layer in pan. Bake at 350° F for 30 minutes or until edges are golden brown.

While warm, cut into nine 3″ squares. Cut each square diagonally to mak triangles. Cool in pan. Drizzle with Cinnamon Icing. Makes 18 cookies.

Cinnamon Icing: Blend 1/2 cup powdered sugar with 1/4 teaspoon cinnamon and 2 teaspoons milk to make a thin icing.

**or substitute apricot jam or orange marmalade*

WIN MONEY FOR YOUR RECIPES
See Page 91 For Details

PRIZE TESTED RECIPES®

HOLIDAY ENTRÉES

File under Poultry *or* Fish and Shellfish
December, 1990



$200 WINNER *Chris Gibson, Fontana, Wisc.*

SPINACH-STUFFED TURKEY BREAST

Tuck this spinach, cheese, and ham stuffing between the turkey breast and skin. When carved, each slice shows the festive stuffing and tastes fabulous—

- **8 oz. fresh mushrooms, coarsely chopped (about 3 cups)**
- **½ cup chopped onion**
- **¼ cup margarine *or* butter**
- **2 10-oz. pkg. frozen chopped spinach, thawed and well-drained**
- **¾ cup shredded Swiss cheese (3 oz.)**
- **½ cup diced fully cooked ham**
- **¼ tsp. pepper**
- **Dash ground nutmeg**
- **1 5- to 5½-lb. whole turkey breast**
- **2 Tbsp. margarine *or* butter, melted**
- **2 Tbsp. lemon juice**
- **½ tsp. salt**

In large skillet cook mushrooms and onion in the ¼ cup margarine or butter till tender. Remove from heat; cool slightly. Stir in spinach, cheese, ham, *⅛ teaspoon* of the pepper, and nutmeg. Set aside. Loosen skin from turkey breast, lifting carefully and pulling it back (use a knife when necessary). Leave skin attached at neck end of breast. (Do not cut or tear skin.) Spoon spinach mixture onto breast meat. Replace skin over stuffing; secure skin with small skewers or toothpicks. Place turkey breast on rack in roasting pan. Combine melted margarine or butter, lemon juice, salt, and remaining pepper; brush onto bird. Roast in 325° oven 2 hours or till thermometer inserted in thickest portion of breast registers 170°, brushing with pan drippings occasionally. Let stand, covered with foil, 10 minutes. To carve, first cut along the breast bone, between bone and meat. Cut across the grain into slices. Serves 12.

Nutrition information per serving: *294 cal., 33 g pro., 5 g carbo., 16 g fat, 81 mg chol., 352*

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

FESTIVE BREADS

File under Breads
December, 1990



$200 WINNER *Jeanette Atwood, Oklahoma City, Okla.*

EGGNOG-NUT STOLLEN

- **1 16-oz. pkg. hot roll mix**
- **½ tsp. ground mace**
- **1 cup eggnog**
- **1 cup pecans, toasted and ground**
- **3 Tbsp. apricot preserves**
- **2 Tbsp. packed brown sugar**
- **¼ tsp. ground cinnamon**
- **2 tsp. margarine *or* butter, melted**
- **1 cup sifted powdered sugar**
- **1 to 2 Tbsp. eggnog**

Stir together hot roll mix, the yeast packet, and mace. Heat the 1 cup eggnog to 120° to 130°. Prepare hot roll mix according to package directions, *except* substitute warm eggnog for water. Knead and let rest as directed. For filling, combine nuts, preserves, brown sugar, cinnamon, and melted margarine. To shape, divide dough in half. On floured surface roll one portion to a 9x7-inch oval. Spread *half* of the filling lengthwise on half of the dough to within *1 inch* of edge. Fold plain half over filling; moisten edges to seal. Transfer to a greased baking sheet. Repeat with remaining oval and filling. Cover; let rise in a warm place 30 minutes or till nearly double. Bake in a 350° oven 20 minutes or till golden. Cool. Combine powdered sugar with enough eggnog to drizzle over loaves. Top with pecan halves, if desired. Makes 2 loaves (32 servings).

Nutrition information per serving: *118 cal., 2 g pro., 18 g carbo., 5 g fat, 12 mg chol., 116 mg sodium, 56 mg potassium, and 0 g dietary fiber. U.S. RDA: 13% thiamine.*





**PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS**

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The 10th Edition of the famous red plaid *New Cook Book* has 1,590 recipes. The solid-red

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

FESTIVE BREADS

File under Breads
December, 1990



$100 WINNER *Deanna Burch, Mentone, Ind.*

BANANA GINGERBREAD

Deanna, aged 14, combined two favorite breads and came up with this holiday nut loaf. We think you'll agree that it's a keeper—

- **2¼ cups all-purpose flour**
- **½ cup sugar**
- **1½ to 2 tsp. ground ginger**
- **1 tsp. baking powder**
- **1 tsp. ground cinnamon**
- **½ tsp. baking soda**
- **¼ tsp. salt**
- **1 cup mashed ripe banana (2 to 3 medium bananas)**
- **½ cup butter-flavored shortening *or* margarine**
- **½ cup molasses**
- **3 eggs**
- **½ cup chopped walnuts *or* almonds**

In a large mixer bowl combine *1 cup* of the flour, sugar, ginger, baking powder, cinnamon, baking soda, and salt. Add mashed banana, shortening or margarine, and molasses. Beat with an electric mixer on low speed till blended, then on high speed for 2 minutes. Add remaining flour and eggs; beat till blended. Stir in nuts.

Pour batter into 3 greased 5½x3x2-inch loaf pans. Bake in a 350° oven for 40 minutes or till a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack. Remove from the pan; cool thoroughly on a wire rack. Makes 3 small loaves (18 servings).

Nutrition information per serving: *189 cal., 3 g pro., 26 g carbo., 8 g fat, 36 mg chol., 140 mg sodium, 180 mg potassium, and 1 g dietary fiber. U.S. RDA: 10% vit. A, 15% thiamine, 12% riboflavin.*

Buying information, page 149.

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

HOLIDAY ENTRÉES

File under Poultry *or* Fish and Shellfish
December, 1990



$100 WINNER *Cathy Stanley, Cincinnati, Ohio*

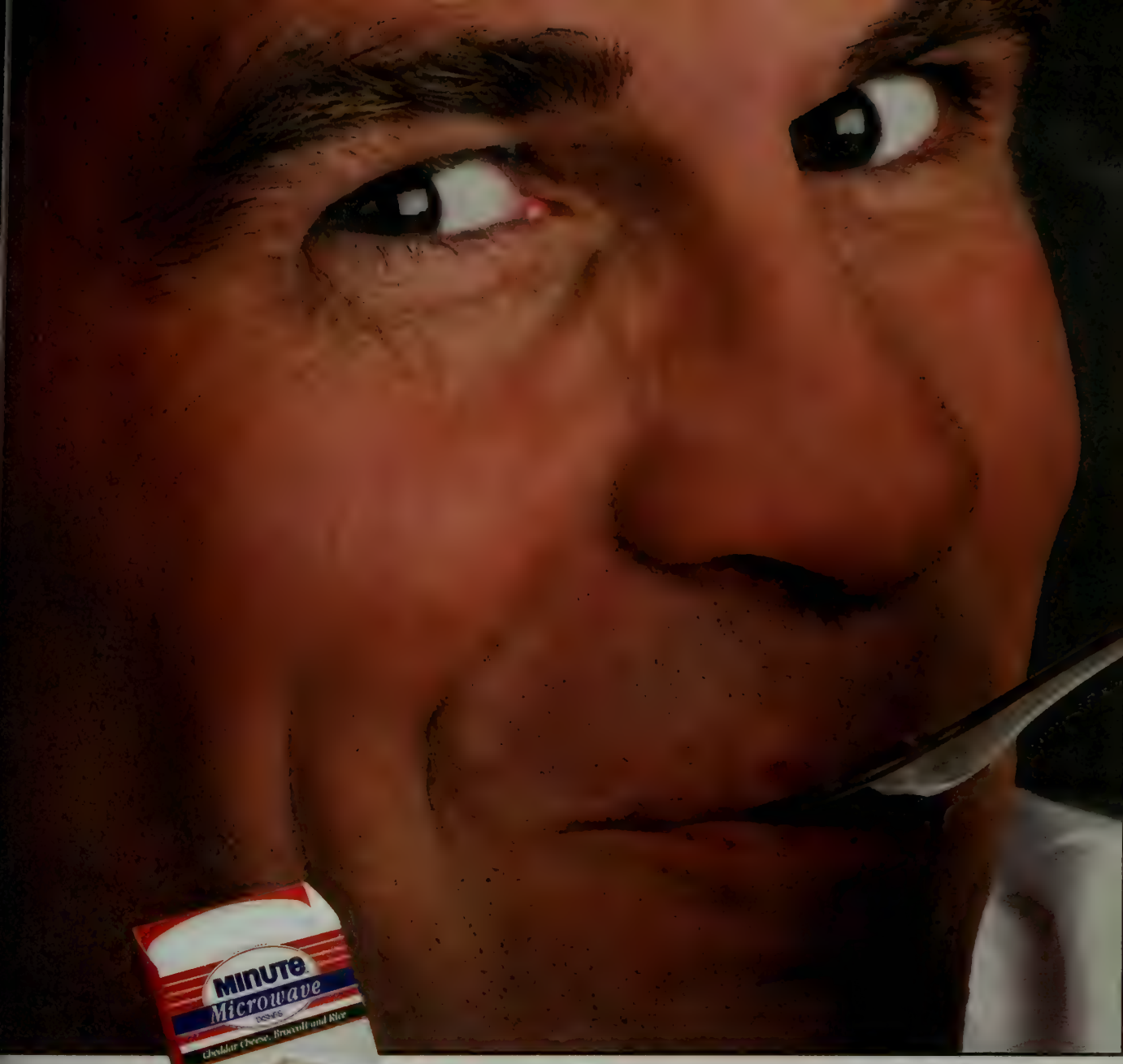
SEAFOOD LASAGNA

This lush entrée layers seafood with tomato and Swiss sauces between lasagna noodles—

- **1 8-oz. pkg. refrigerated *or* frozen crab-flavored fish pieces**
- **2 14½- *or* 16-oz. cans stewed tomatoes, cut up**
- **½ cup sliced fresh mushrooms**
- **½ tsp. dried oregano, crushed**
- **½ tsp. onion powder**
- **½ cup small cooked shrimp *or* one 4½-oz. can shrimp, drained**
- **3 Tbsp. margarine *or* butter**
- **3 Tbsp. all-purpose flour**
- **1¾ cups milk**
- **1 cup shredded Swiss cheese**
- **¼ cup dry white wine**
- **8 lasagna noodles, cooked**
- **¼ cup grated Romano *or* Parmesan cheese**

Thaw crab-flavored fish, if frozen. Cut into bite-size pieces; set aside. For tomato sauce, in a medium saucepan combine *undrained* tomatoes, mushrooms, oregano, onion powder, dash *salt,* and a dash *pepper.* Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or till thickened. Stir in shrimp. Set aside. For cheese sauce, in a medium saucepan melt margarine or butter. Stir in flour. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 1 minute more. Stir in Swiss cheese till melted. Stir in crab-flavored fish and wine. In an 11x7x1½-inch baking dish, layer *half* of the shrimp sauce, *half* of the noodles, and *half* of the cheese sauce. Repeat layering. Top with Romano or Parmesan cheese. Bake, uncovered, in a 350° oven about 25 minutes or till heated through. Let stand for 15 minutes before serving. Makes 6 to 8 servings.

Nutrition information per serving: *305 cal., 21 g pro., 44 g carbo., 15 g fat, 55 mg chol., 704*



MMMM, MINUTE® MICROWAVE SIDE DISHES.

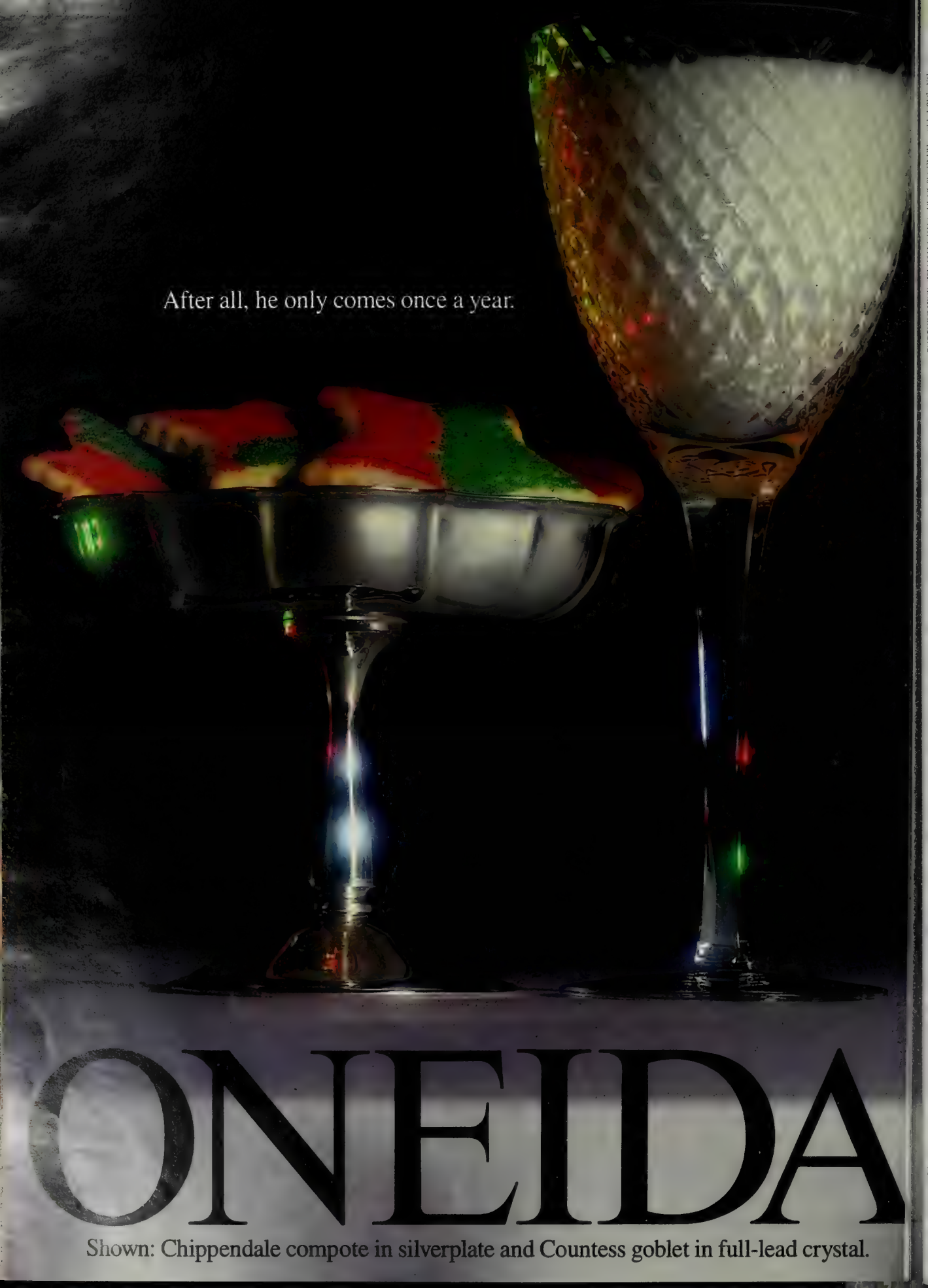
mm, what MINUTE puts in its rice and pasta sensations. Like this fluffy rice with broccoli melted cheddar. Or pasta in creamy Alfredo sauce. All the flavors you crave, now from your microwave.

GREAT TASTE. THAT'S WHAT MINUTE PUTS IN IT.



Kraft General Foods, Inc.

MINUTE is a registered trademark of Kraft General Foods, Inc.



Shown: Chippendale compote in silverplate and Countess goblet in full-lead crystal.



PHOTOGRAPHS: WILLIAM STITES. DESIGN CREDITS, SEE PAGE 151

A blessing-inscribed challah plate and a Tzedakah Box (charity box) are two examples of the Judaic pottery Howard and Renee Vichinsky produce in their rural New York studio.





BY JILANN SEVERSON

"JEWISH RITUALS *are carried out for generations. I didn't know my grandparents, but I know I'm doing the same rituals they did. It connects me to them," says Renee Vichinsky. The former teacher is sharing those rituals with other families through her art.*

Hanukkah

A family celebrates their faith year-round

INTRODUCING TRAFFIC CONTROL. A WHOLE NEW KIND OF CARPET SPECIFICALLY DESIGNED TO BE WALKED ON.



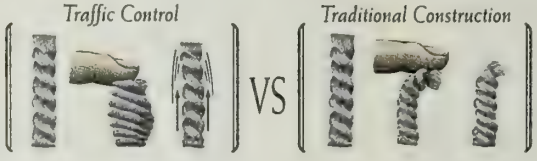
The new Traffic Control™ Fiber System from Wear-Dated® Carpet.

It's expressly engineered to fight matting. Those ugly traffic patterns that slowly turn new carpets from a source of pride into a source of embarrassment.

To resist matting, we had to virtually reinvent the carpet. We created a unique dual fiber system that takes our tough nylon fibers and interweaves them with acrylic fibers to build in added resilience. So it's as soft as traditional constructions but is designed to stand up to all the things you do in normal, everyday living.

Don't just get a new carpet. Get a whole new kind of carpet, Traffic Control.

Traffic Control VS *Traditional Construction*



The revolutionary Traffic Control Fiber System is designed to bounce back when you walk on it, not get beaten down.

Which is what makes Traffic Control so well suited for high-traffic, high-use areas like your family room, living room, children's rooms, hallways, dining area and everywhere else you want great mileage from your carpet.

And since it has the same ability to resist stains that's made Wear-Dated Carpet famous, it gives you everything you ever wanted in a carpet. Plus more.

So don't settle for just any carpet. Get new Wear-Dated Carpet with the Traffic Control Fiber System. It's so advanced, it's even designed to be walked on. And on and on and on. So go ahead, walk all over us.

WEAR-DATED ASSURANCE

WEAR-DATED® CARPET

Carpet bearing the Wear-Dated logo assures you of the highest quality materials and technology available. Every Wear-Dated Carpet style goes through real-world performance testing, just to be sure your new carpet's beauty will last.

™*Traffic Control is a trademark of Monsanto Company* ®*Wear-Dated is a registered trademark of Monsanto Company.*

An "old city" menorah, inspired by the architecture of the ancient city of Acre, glows at dusk on the fourth night of Hanukkah. Much of Renee's art draws its influence from her childhood in Israel.



Four-year-old Sarah explores her favorite Hanukkah gift, a pull-along wooden Noah's Ark with cookie-cutter-shaped animals and a lift-off cabin for stowing the menagerie inside.

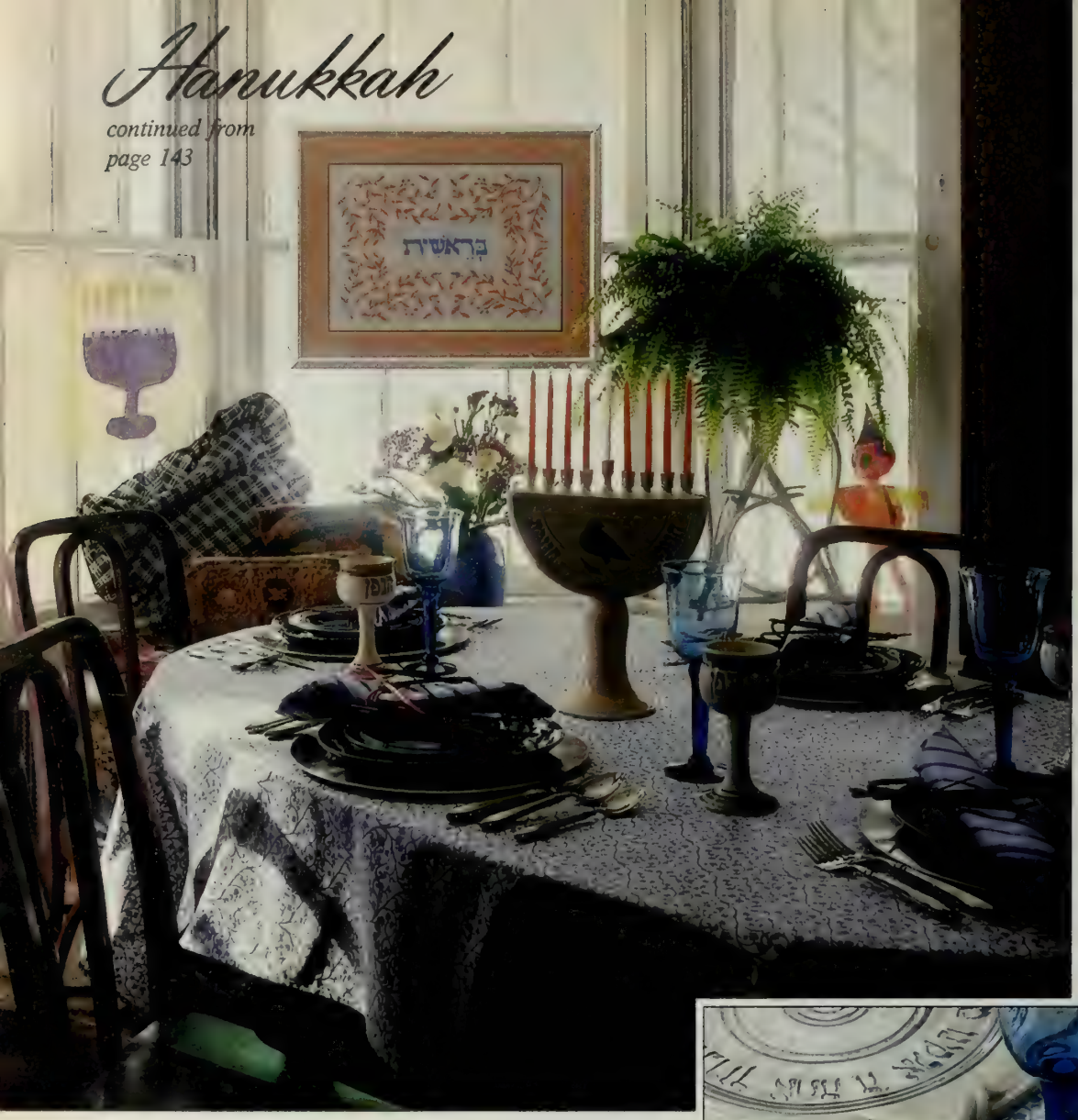
Hanukkah

continued from page 141

BORN IN POLAND, *reared in Israel, and educated in New York City, Renee threw her first pieces of Judaic pottery as gifts for family and friends. When other young Jews began returning to the traditions of their ancestors, requests for her work started pouring in. Renee and her husband, Howard, soon gave up their big-city careers and lifestyle to share their pottery, as well as their appreciation and knowledge of Jewish traditions, with others. Now Renee works with the art she loves, and Howard, a former professional dancer, spends his time choreographing craft shows and tiptoeing around boxes in the studio.* *continued on page 144*

Hanukkah

continued from page 143



A sampler embroidered with "In the Beginning," the first words of the Torah, joins 10-year-old Jamie's paper menorah and Sarah's "Dreidel Man" in the dining room window. The table holds another menorah and Kiddish cups.

Instructions begin on page 146. To order kits, patterns, and project plans, see page 161. Buying information, see page 149.



"We do lots of educating," says Howard, explaining how they research religious laws pertaining to each piece they craft, along with the history of Jewish customs, ceremonies, and art. "There's a lot to learn," he adds.

FOR THEIR OWN HANUKKAH, *Howard, Renee, Jamie, and Sarah spend each night with friends and family. They downplay the gifts. "We try to make it a really great time for the kids, emphasizing charity, fun, food, and games. We've taught the girls to give to the poor so they can celebrate, too," says Renee.*

FAMILY SECURITY THAT'S PRICELESS DOESN'T HAVE TO BE COSTLY.



Child-proof rear door locks. Tether anchor points for child safety seats. Bumpers that exceed government impact standards by 100 percent. Steel guard beams in doors. Four-wheel drive or driver-side air bag Supplemental Restraint System available as optional equipment. All this security at a price that's good for your financial security. Catalog? 1-800-446-8888.

MERCURY TOPAZ

MERCURY LINCOLN

Quality is Job 1.

LINCOLN-MERCURY DIVISION Ford

Buckle up—together we can save lives.

BIRD WATCHER'S DIGEST



Want to open a whole new window on the outdoors?

Bird Watcher's Digest *—We've earned our merit badge in birds!*

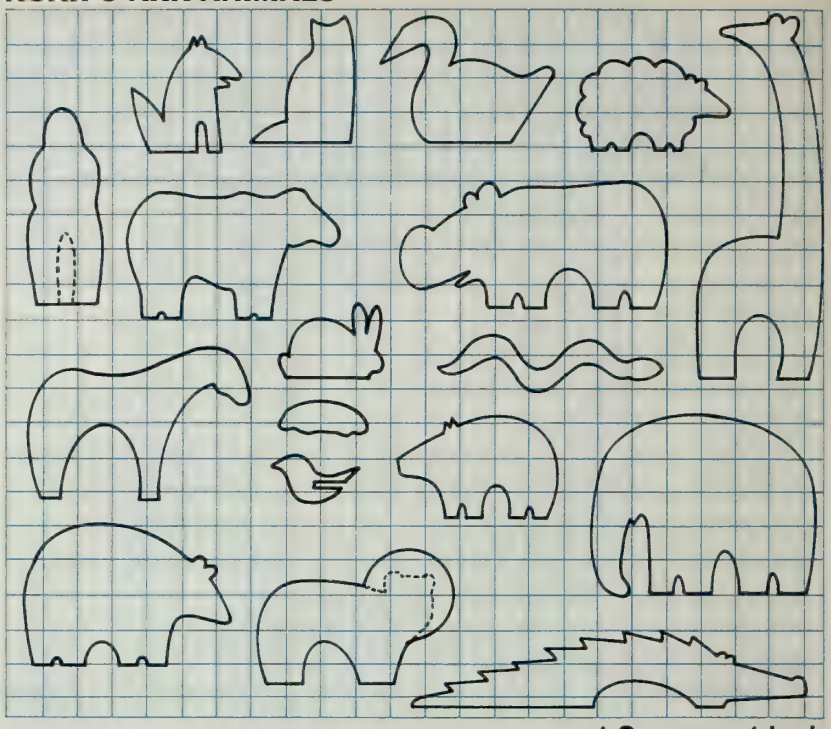
A perfect holiday gift for a friend—or yourself!

$15 per year—6 issues

About birds in your backyard and beyond...

BIRD WATCHER'S DIGEST
Box 110, Dept. ABH2, Marietta, OH 45750
Visa/MC call 800-879-2473
SUBSCRIBE . . . TODAY! ABH2

NOAH'S ARK ANIMALS



1 Square = 1 Inch

NOAH'S ARK, page 143

To order project plan, see page 161.

Materials: Two 8-ft. lengths 1×8-in. pine; two 10-ft. lengths 1×6-in. pine; 48-in. piece 1½×6-in. pine; three 1¼-in. casters.

Instructions: Finished size of ark (without cabin), approximately 24×9¾ in.; largest figure, approximately 3½×11 in. Enlarge pattern (*left*) to scale (1600 percent).

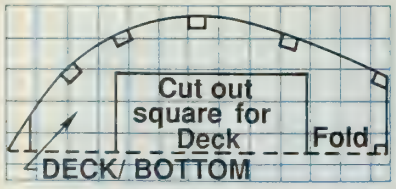
Ark: Cut and join 1×6 pieces for deck and bottom. Transfer pattern to wood, flopping to complete; cut out. Cut opening in deck. Edge opening with ⅛-in. strips from 1½-in. stock; cut to fit and place above deck ½ in. This forms lip to secure cabin.

Cut 1×1×6½-in. pieces from remaining 1×6. Cut 5×6½-in. piece from 1½-in.-thick piece; glue and nail between deck and bottom,

Hanukkah

continued from page 145

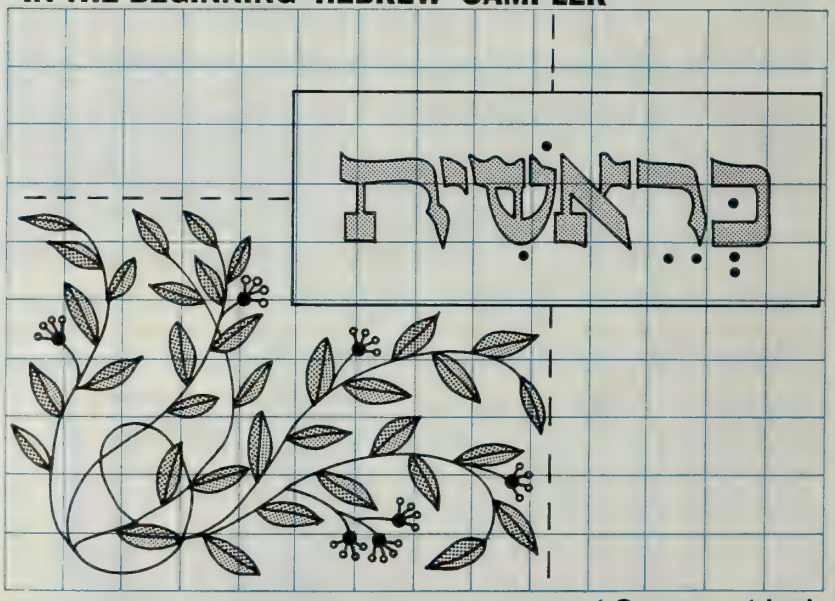
NOAH'S ARK



1 Square = 2 Inches



'IN THE BEGINNING' HEBREW SAMPLER



1 Square = 1 Inch

CHOCOLATE PEANUT BUDDY BARS

Makes 48 bars



1 cup peanut butter
6 tablespoons (¾ stick) butter, softened
1¼ cups sugar
3 eggs
1 teaspoon vanilla extract
1 cup all-purpose flour
¼ teaspoon salt
One 11½-oz. pkg. (2 cups) Nestlé® Toll House® milk chocolate morsels, divided

Preheat oven to 350°F. In large mixer bowl, beat peanut butter and butter until smooth, about 1 minute. Add sugar, eggs and vanilla extract; beat until creamy. Blend in flour and salt. Stir in 1 cup Nestlé Toll House milk chocolate morsels. Spread into (ungreased) 13 x 9-inch baking pan.

Bake 25-30 minutes, or until edges begin to brown. Immediately sprinkle remaining Nestlé Toll House milk chocolate morsels over cookie layer. Let stand 5 minutes or until morsels become shiny and soft. Spread morsels evenly over top. Cool completely. Cut into 1½ inch bars.

CHOCOLATE RASPBERRY TRUFFLES

Makes about 4 dozen truffles



Truffles:
1⅓ cups Nestlé® Toll House® semi-sweet chocolate morsels
2 tablespoons heavy cream
1 tablespoon butter
2 tablespoons seedless raspberry jam

Choice of coatings:
One 6-oz. pkg. Nestlé Premier White baking bars, or
1 cup Nestlé Toll House milk chocolate morsels
2 teaspoons shortening
or
Nestlé Cocoa, or
Confectioners' sugar

In heavy-gauge saucepan, combine Morsels, heavy cream and butter. Cook over low heat, stirring constantly, until smooth. Stir in raspberry jam. Cover with plastic wrap; freeze 20 minutes. Drop mixture by teaspoonfuls onto foil-lined cookie sheet. Freeze 15 minutes. Roll into balls; freeze until firm.

Coatings:

Over hot (not boiling) water melt White baking bars or milk chocolate Morsels and shortening, stirring until smooth.

Drop frozen truffles one at a time, into melted coating; stir quickly to coat, then remove with fork, shaking off excess*. Place on cookie sheet; chill until set. Store refrigerated.

*Or coat with Nestlé cocoa or confectioners' sugar.

MOIST & MINTY BROWNIES

Makes 16 brownies



1¼ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
¾ cup sugar
½ cup (1 stick) butter
2 tablespoons water
One 10-oz. pkg. (1½ cups) Nestlé® Toll House® mint flavored semi-sweet chocolate morsels, divided
1 teaspoon vanilla extract
2 eggs

Preheat oven to 350°F. In small bowl, combine flour, baking soda and salt; set aside

In small saucepan, combine sugar, butter, and water. Bring *just to a boil*; remove from heat*. Add 1 cup Nestlé Toll House mint flavored semi-sweet chocolate morsels and vanilla extract, stirring until morsels are melted and mixture is smooth. Transfer to large mixer bowl.

Add eggs, one at a time, beating well after each addition. Stir in flour mixture and remaining Nestlé Toll House mint flavored semi-sweet chocolate morsels. Spread in greased 9-inch square baking pan.

Bake 25-35 minutes, just until center is set. Cool completely. Cut in 2¼ inch squares.

*Or, combine ingredients in bowl. Microwave on HIGH power 1½ minutes; stir. Microwave on HIGH power 1½ minutes longer; stir until smooth.

GOLDEN CHOCOLATE TREASURE™ COOKIES

Makes about eighteen 2½-inch cookies

1½ cups all-purpose flour
¾ teaspoon baking soda
½ teaspoon salt
¾ cup (1½ sticks) butter, softened
½ cup sugar
½ cup firmly packed brown sugar
1 egg
½ teaspoon vanilla extract
One 10-oz. pkg. (1½ cups) Nestlé® Toll House® Treasures® semi-sweet chocolate deluxe baking pieces
1 cup coarsely chopped pecans or walnuts

Preheat oven to 375°F. In small bowl, combine flour, baking soda and salt; set aside.

In large mixer bowl, beat butter, sugar and brown sugar until creamy, 3-5 minutes. Beat in egg and vanilla extract. Gradually blend in flour mixture. Stir in Nestlé Toll House Treasures semi-sweet chocolate deluxe baking pieces and nuts. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheets.

Bake 8-10 minutes. Let stand 2 minutes before removing from cookie sheets; cool completely.



TOLL HOUSE™ PIE

Makes 6 to 8 servings

2 eggs
½ cup all-purpose flour
½ cup sugar
½ cup firmly packed light brown sugar
¾ cup (1½ sticks) butter, softened
1 cup chopped walnuts
One 6-oz. pkg. (1 cup) Nestlé® Toll House® semi-sweet chocolate morsels
One 9-inch unbaked pie shell*
Whipped cream or ice cream, optional

Preheat oven to 325°F. In large mixer bowl, beat eggs at high speed until foamy, about 3 minutes. Beat in flour, sugar and brown sugar until well blended. Beat in softened butter. Stir in walnuts and Nestlé Toll House semi-sweet chocolate morsels. Pour into pie shell.

Bake 55 to 60 minutes or until knife inserted halfway between edge and center comes out clean, and top is golden brown. Cool on wire rack.

Serve with whipped cream or ice cream, if desired.

*If using frozen pie shell, use deep-dish style; thaw completely. Place on cookie sheet; increase baking time by 10 minutes.



PEARLS 'N CHOCOLATE COOKIES

Makes about thirty 3-inch cookies

2¼ cups all-purpose flour
⅔ cup Nestlé cocoa
1 teaspoon baking soda
½ teaspoon salt
1 cup (2 sticks) butter, softened
¾ cup sugar
⅔ cup firmly packed brown sugar
1 teaspoon vanilla extract
2 eggs
One 10-oz. pkg. (1½ cups) Nestlé® Toll House® Treasures® Premier White deluxe baking pieces

Preheat oven to 350°F. In small bowl, combine flour, Nestlé cocoa, baking soda and salt; set aside.

In large mixer bowl, beat butter, sugar, brown sugar and vanilla extract until creamy. Add eggs, one at a time, beating well after each addition. Gradually add flour mixture. Stir in Nestlé Toll House Treasures Premier White deluxe baking pieces. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheets.

Bake 9-10 minutes until edges are lightly browned. Let stand 2 minutes before removing from cookie sheets; cool completely.




Nestlé®
Bakes the Very Best
and saves you money too!
Nestlé Treasures
Nestlé Treasures
Nestlé Treasures
TOLL HOUSE
MINT CHOCOLATE MORSELS
Nestlé
TOLL HOUSE
MILK CHOCOLATE MORSELS
Nestlé
TOLL HOUSE
SEMI-SWEET MORSELS
Nestlé

Quik

WHICH
WOULD YOU
USE FOR
SMOOTH, CREAMY
TASTING
HOT CHOCOLATE?



MICROWAVABLE QUIK
DELICIOUS
HOT CHOCOLATE
MADE WITH REAL MILK

WISCONSIN CHEESE

presents

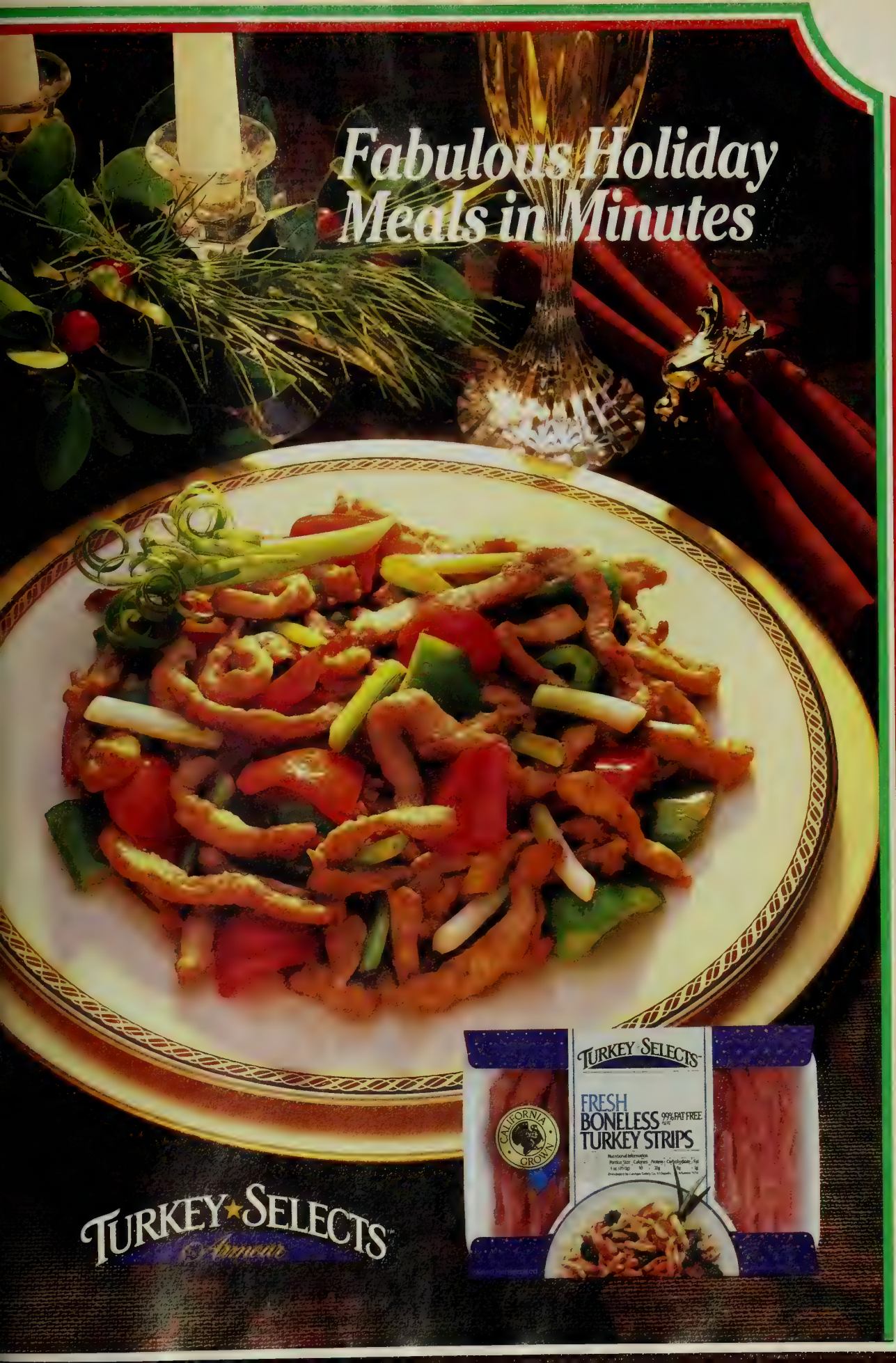
Runaway Cheese Tray!



Look for the Wisconsin Cheese display in your store and pick up this colorful, cardboard train for your holiday table. *See attached recipe.*

WMMB Wisconsin Milk Marketing Board
Dairy Farmers of Wisconsin

© 1990 Wisconsin Milk Marketing Board


Fabulous Holiday
Meals in Minutes
TURKEY SELECTS
FRESH
BONELESS
TURKEY STRIPS
99% FAT FREE
CALIFORNIA
GROWN
TURKEY SELECTS
Armour

Easy Holiday Desserts



Easy to make.
Hard to resist.™

MINI CHEESECAKES

Prep time: 35 minutes, Baking time: 20 minutes, Total time: 2 hours
(Makes about 2 dozen)

- **1½ cups graham cracker crumbs**
- **¼ cup sugar**
- **¼ cup margarine or butter, melted**
- **3 (8-ounce) packages cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **3 eggs**
- **2 teaspoons vanilla extract**
- **1 (21-ounce) can Comstock® Filling or Topping, any flavor, chilled**

Preheat oven to 300°. Combine crumbs, sugar and margarine; press equal portions onto bottoms of 24 lightly greased* *or* paper cup-lined muffin cups. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and vanilla; mix well. Spoon equal amounts of mixture (about 3 tablespoons) into prepared cups. Bake 20 minutes or until set. Cool. Chill. Top with filling. Refrigerate leftovers.

Chocolate: Melt 1 cup semi-sweet chocolate chips; add to batter.

*If greased muffin cups are used, cool baked cheesecakes. Freeze 15 minutes; remove with narrow spatula.



COMSTOCK
BORDEN
IF IT'S BORDEN-IT'S GOT TO BE GOOD

Comstock® is a registered trademark of Curtice Burns Foods, Inc., Rochester, NY 1461
Eagle® Brand is a registered trademark of Borden, Inc. © Borden, Inc. 19

Who says you can't get a good cup of coffee for under $20?





While you could pay much more than $20 for a coffeemaker, Regal *the question is, why? Regal's 12 Cup model brews the same great coffee, at a price that's only beans in comparison. And our full line comes in colors and styles for any kitchen decor. Quality and price are reasons more people are buying our coffeemakers. So now when you want a rich cup of coffee, you don't have to be rich to enjoy it.*

REGAL.

Regal Ware, Inc. Kewaskum, WI 53040

FOOD

BEYOND BURRITOS
Southwestern food guide

Southwestern cuisine pairs Mexican cooking with a little California ingenuity. The result: a hot, trendy taste that's popping up in restaurants and recipes throughout the country. The following list includes the key ingredients, essential to this cuisine.

Beans: Also known as frijoles (free-HO-lays), beans fill tortillas and flavor soups, sauces, and salads. Pinto beans show up most often, especially refried. Other well-liked types: garbanzo, black, and fava beans.

Chili peppers: These peppers come in all sorts of sizes, colors, and degrees of hotness. Serrano and jalapeño, the best known, are both fiery hot; poblano and anaheim are much milder.

Chorizo (chuh-REE-zo): This spicy Mexican pork sausage, available in bulk or link, is delicious in fillings for tortilla-based dishes.

Cilantro (suh-LAHN-tro): Also known as fresh coriander or Chinese parsley, cilantro adds an aromatic flavor to salsas and sauces. Season to taste; a little goes a long way.

Cumin (CUH-min): Often found in chili powder, this nutty, slightly bitter, ground spice peps up chili, beef, fish, and soups.

Jicama (HEE-kah-mah): The best thing about jicama, a potatolike tuber, is its crunchy texture, raw or cooked. Expect a mild, slightly sweet flavor. Peel, slice, and try jicama raw with lime or use it in stir-fries.

Masa (MAH-sah): The base for corn tortillas and tamales, masa is a dried corn dough. You can't buy this dough because it's highly perishable. But you can get Masa Harina (MAH-sah ah-REE-nah), a special mix for making tortilla dough.

Salsa: The catsup of southwestern cuisine; salsa is an uncooked sauce usually made from tomatoes, onions, chilies, and cilantro.

Tomatillo (toe-mah-TEE-yo): This green, tomatolike vegetable has a tart, lemony flavor and comes wrapped in a husk. Tomatillos are usually cooked and used in sauces and salsas.

Blue corn: When choosing chips, tortillas, or even cornmeal, check out the blue versions, made from blue corn. (The color is the attraction; blue cornmeal tastes the same as the other cornmeals.)

BETTER HOMES AND GARDENS, DECEMBER 1990



Seven of these peaches aren't good enough for S&W

At first glance, each peach looks perfect. But to the experienced eye of an S&W buyer, there are subtle differences. One peach, for example, has a slight blemish near the stem. (It's nearly invisible, but it's there.) There's a small soft spot on another. The color of a third isn't quite uniform. And so on.

The fact is, there's only one peach in the picture that has nearly perfect size, color, and texture. It happens to be the second from the left. So it's the only one that has a chance of being selected for S&W.

But only a chance. Because the final test comes aft the peach is sliced and ready for canning. That's when our buyers take another careful look. Judging the color f just the right shade of orange-gold. Measuring the firmness. Making sure the pieces are uniform and unbroken Out of every season's peach crop, only a few can survi this rigorous selection process. And only those few will ever appear at your store with the S&W label.

Naturally, we're just as fussy about all the other fruits we sell. Like our Bartlett pears, apricots, mandarin

THE BEST. ALL THE TIM

FOOD

TWO TASTY TRADITIONS, ONE GREAT STUFFING

Turkey with stuffing and vivid red cranberries—both prompt thoughts of holidays. Because these favored flavors pair so well, combine them in this savory, tangy stuffing.

CRANBERRY BREAD STUFFING

1 cup chopped cranberries
2 Tbsp. sugar
1 cup finely chopped celery
1 cup chopped onion
½ cup margarine *or* butter
½ cup slivered almonds, toasted
1 tsp. apple pie spice*
1 tsp. grated orange peel
1 1-lb. loaf sourdough bread *or* French bread, cut into ½-inch cubes and toasted**
¾ to 1 cup chicken broth *or* orange juice



SCOTT LITTLE

Dress up your stuffing with festive cranberries and toasted almonds.

In a large mixing bowl toss cranberries with sugar; set aside.

In a small saucepan cook celery and onion in margarine or butter till tender; remove from heat. Stir in almonds, apple pie spice, peel, ½ teaspoon *pepper,* and ⅛ teaspoon *salt.*

Stir bread cubes and onion mixture into the cranberry mixture. Drizzle with enough broth or orange juice to moisten, tossing lightly.

Use to stuff one 8- to 10-pound turkey. (Put any remaining stuffing into a casserole and chill. Bake stuffing alongside turkey during the last 30 to 35 minutes of roasting.) Or, spoon all of the stuffing into a 2-quart casserole. Bake, covered, in a 325° oven 50 to 55 minutes or in a 375° oven 40 to 45 minutes or till hot. Serves 8 to 10.

*For the apple pie spice, you can substitute ½ teaspoon ground cinnamon *plus* ¼ teaspoon ground nutmeg, ⅛ teaspoon ground allspice, and dash ground ginger.

**For toasted bread cubes, place cubes on a baking sheet. Bake in a 350° oven about 15 minutes or till dry.

Nutrition information per serving: *346 cal., 8 g pro., 38 g carbo., 18 g fat, 0 mg chol., 584 mg sodium, 226 mg potassium, and 3 g dietary fiber. U.S. RDA: 18% vit. A, 30% thiamine, 24% riboflavin, 22% niacin, 13% calcium, 13% iron.*



Can you find the one that is?

oranges and fruit cocktail. And our Natural Style fruits, ghtly sweetened and packed in their own fresh juice. They're an original S&W idea.)

Your family will appreciate the special touch S&W quality adds to any meal. And you'll appreciate he fact that our fruits are just what we've romised every S&W product would be, ince 1896: The best. All the time.



S&W®

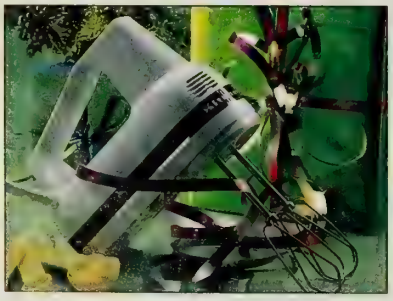
PRESENT-ABLE IDEAS FOR HOLIDAY GIVING

So, Mom's missing phone calls, Dad's into cooking and cappuccino, the tots love playing dress-up, and romantic Sis adores vintage scents? Here's how to please them all.



Krups Mini-Espresso offers great brew at a great price. In white, black, or red, it makes 4 cups of espresso. The "perfect froth" attachment foams milk to turn your espresso into cappuccino. $79.99

Gloria Jean's Coffee Bean Corp. 800/677-7005.



A real champ, this hand mixer beats even heavy doughs into shape. An electronic sensor maintains steady, consistent beater speed for a smoother dough without motor burnout. $65.

Ultra Power Plus hand mixer. Kitchen Aid, 701 Main St., St. Joseph, MI 49085.



PHOTOGRAPHS PERRY STRUSE

It has all the answers! GE's new answering machine has 12 remote access functions (you issue the commands from any touch-tone phone) and auto-disconnect from any phone in the house. $90.

Pro Series Answerer Model 2-9872. GE, P.O. Box 1976, Indianapolis, IN 46206.



Remember childhood Christmases when the warmth of spicy treats and fresh-cut pine perfumed the house? Recreate the mood with good scents. $5.50–$10.

Christmas Memories. Claire Burke, FMG, 104 Peavey Rd., Chaska, MN 55318; 612/448-4181.



In this vanity, nothing is real but your child's imagination. "Pretend" nail polish, perfume, jewelry, and a comb fit into a locking, mirrored case. $15.

Dress Up Vanity. Fisher-Price, Division of The Quaker Oats Company, 636 Girard Ave., East Aurora, NY 14052-1885.

Most people don't worry much about bacteria.

Until they find out they're wearing them.





Magnified 1,300X.

Odor-causing bacteria can cover even white, clean-looking socks and underwear. Fortunately, new Ultra Oxydol® with bleach is specially formulated to wash away 99% of the odor-causing bacteria in your laundry. So when you put on your clothes, you know exactly what you're getting into. **Wash away 99% of bacteria.**



© 1990 Procter & Gamble. Available in limited areas.

RESCUE OF A RELIC
Saving an elegant fireplace



PHOTOGRAPH MARIS/SEMEL REGIONAL EDITOR BONNIE MAHARAM

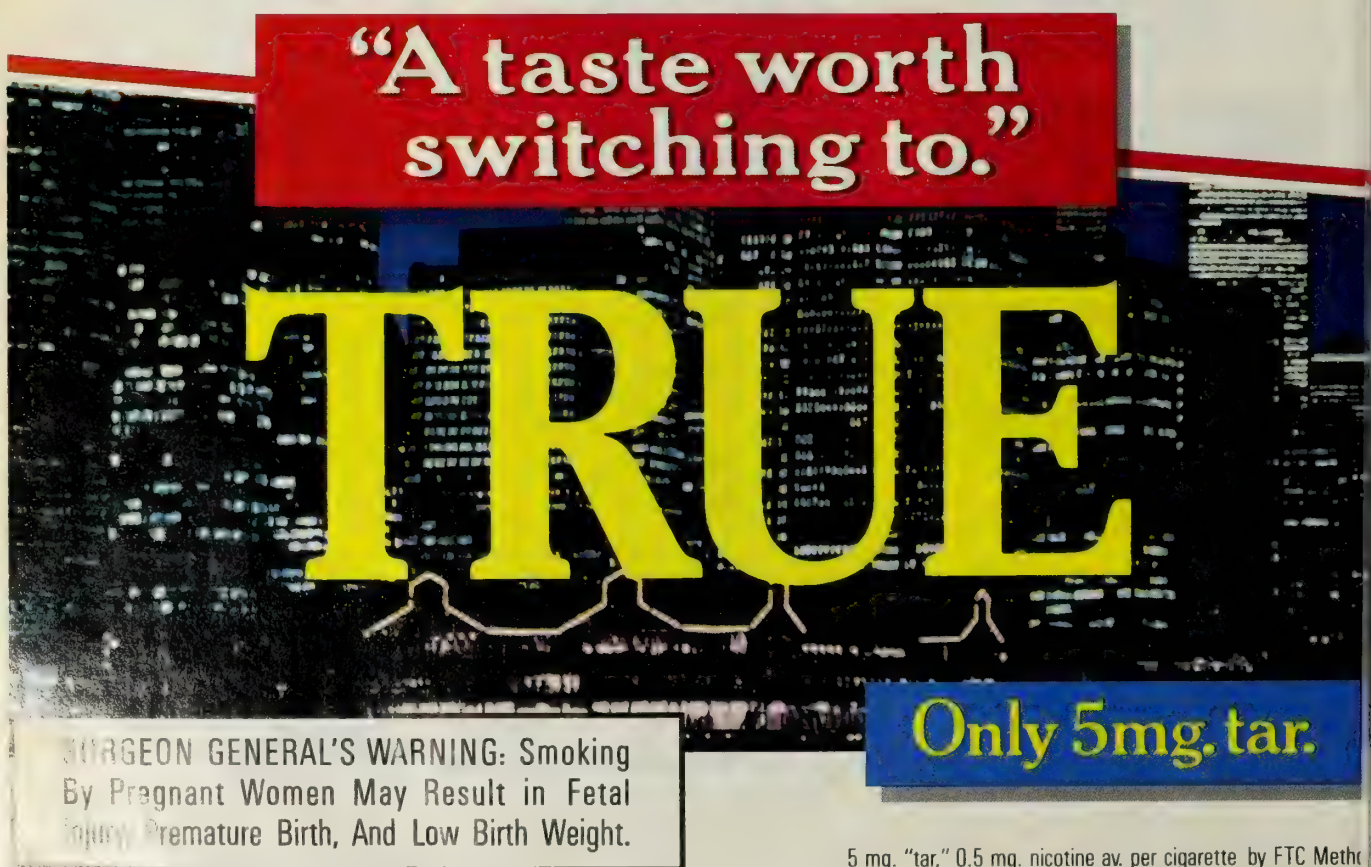
More than 20 layers of paint hid this 19th-century fireplace.

Every remodeling brings surprises. This elegant fireplace, for example, was rescued from beneath a century's worth of paint and grime.

To preserve the intricately carved moldings, these homeowners applied a commercial paint remover to the mantel and stripped away more than 20 layers of paint. A mason rebuilt the firebox, chimney, and hearth.

The bookcases, originally used as jam and jelly cupboards, were also stripped back to bare wood and repainted.

Understated use of materials (just plain white plaster) on the nearby surfaces preserved the simplicity of the original setting. One modern tradeoff, the glass fireplace door, offers energy efficiency and complements the design with tall vertical lines that accent the height of the pilasters.



FRESH ANGLES ON MOLDING
Highlight with paint and trim

Give the geometry in your home some attention. This molding detail adds pizzazz even to a boring, boxy room.

Quick and easy: The technique is simple. First paint a 4-inch accent strip around the room just below ceiling height. Then border the paint with crown molding above and a smaller molding strip below.

Do the painting yourself, and a carpenter can install the molding in a day or less.



Perk up a room's perimeter with this eye-popping detail.

Do it yourself: You can also install your own molding by using a miter-box saw and a coping saw. For a booklet of ideas and instructions on how to install and finish your own molding project, send $3 to: "Moulding Makes It More," Georgia-Pacific Corp., Dept. BHG, P.O. Box 2808, Norcross, GA 30091.

Architect/builder: Dan Metzler, Metzler and Muirhead
Photograph: Mike Moreland.
Regional Editor: Ruth Reiter

TRUE
TRUE
FILTER CIGARETTES
TASTEFUL ULTRA LOW TAR
© LORILLARD 1990



NEW. Floral Needlepoint. Written for the beginner to intermediate crafter who enjoys traditional needlepoint, especially floral patterns. 31 different projects, including a Learning Project.



NEW. Four-Seasons Cross-Stitch. Delightful seasonal designs you can make whether you're a beginner or have years of experience. 92 projects shown in explicit diagrams.



NEW. Friendship Quilting. 29 gorgeous quilting designs for all skill levels. Projects have step-by-step instructions, and are shown in helpful full-color photography.

All books contain color photos and are available wherever books are sold.

New books for the craft enthusiast.

Better Homes and Gardens BOOKS

BETTER IDEAS

THE SCOOP FROM

CALIFORNIA



KIWIFRUIT

JUST CUT IT IN HALF AND SCOOP WITH A SPOON. YOU'LL LOVE THE SWEET, DELICIOUS TASTE; YOUR BODY THE VITAMIN C, FIBER, POTASSIUM AND LOW CALORIES. ALL WINTER LONG. TRY SLICING IT, DICING IT, OR JUST BITING INTO IT, TOO. CALIFORNIA KIWIFRUIT. IT'S NOT JUST FOR FRUIT SALAD ANYMORE. REALLY, IT NEVER WAS.

...ALIFORNIA COMMISSION, 1540 RIVER PARK DRIVE, SUITE 110, SACRAMENTO, CA 95815 PHONE 916-929-5314

SIFTING THROUGH A BOUQUET OF FLOURS

All-purpose flour works fine for most recipes. But with so many specialty flours now available, you may want to choose among these.

All-purpose flour is the do-all flour—use it for baking, thickening, and coating. This flour is milled from soft and hard wheats, minus the bran and germ. It comes enriched (with vitamins and minerals) and may be bleached or unbleached. To substitute all-purpose flour for cake flour, use 2 tablespoons less all-purpose flour for each cup of cake flour in your recipe.

Bread flour is milled from hard wheats, making it a stronger-structured flour. It's a good choice for making most yeast bread doughs.

Cake flour, milled from soft wheat, is perfect for fine and feathery cakes. It's too delicate for general baking.

Pastry flour is neither as coarse as all-purpose flour nor as fine as cake flour. Use it for piecrusts.

Self-rising flour contains leavening and salt. Substitute it for the all-purpose flour, baking powder, and salt called for in recipes.

Instant-type flour has a granular texture and blends easily into hot or cold liquids without lumping.

Whole wheat or graham flour is milled from entire wheat kernels. Graham flour is a little more coarse than whole wheat flour.

Bran, cracked wheat, and oat bran flours are all-purpose flours to which another grain has been added. Substitute any one of them for up to half of the total flour in bread recipes.

Brown rice flour is high in starch and low in protein. Try using it to replace up to one-fourth of the total all-purpose flour in quick breads.

Rye flour has structure-forming protein and can replace up to one-third of all-purpose flour.

Semolina is a granular wheat flour used for pasta-making.



Cristal, je t'aime.

Cristal d'Arques®
FRANCE

Genuine 24% Lead Crystal. Pattern: Fontenay



VERRERIE CRISTALLERIE D'ARQUES. FRANCE

DURAND INTERNATIONAL, WADE BLVD., MILLVILLE, N.J. 08332
For further information, please contact: 1-800-334 5014 or 609-825 5620

Amy Pressman on Baking with Butter:

"I'VE OFTEN DREAMED OF PASTRIES, BUT I'D NEVER DREAM OF BAKING THEM WITHOUT BUTTER."



Amy Pressman is a baker. And a dreamer. Visions of pastries and desserts have actually come to her in her sleep. "Or sometimes I'll see a sweater on somebody and it will make me think of a fun way to do a cake." Amy has been baking for nearly half her life. She spent 3 years as a pastry chef with Wolfgang Puck at Spago and now operates the Old Town Bakery in Pasadena. "It's fun to run a bakery. My husband is a lawyer. Nobody thinks lawyers are fun. But everybody loves a baker." When



ou taste one of Amy's delicious

reations, it's easy to see why.

Like all artists, Amy is meticulous about her art

rm. Everything she makes is natural. No

rtificial ingredients. She

can't even bring herself to artificially color cake

frostings. So when she bakes, she bakes

with butter. "I couldn't produce the

kind of quality pastries I do without

butter. In fact, you shouldn't even

be able to say the word 'pastry'

nless it's made with butter."

There are butter substitutes, but according to Amy,

nothing comes close to the flavor

of real butter. "Why

hould I use something phony, when

's so easy to use something good in

noderation?" It doesn't take

nuch butter to add flavor and

exture to what you bake. What's more,

utter has no more calories than margarine.

Amy dreamed up this scrumptious recipe for

Brown Butter Muffins. You can bake them at home

BROWN BUTTER MUFFINS

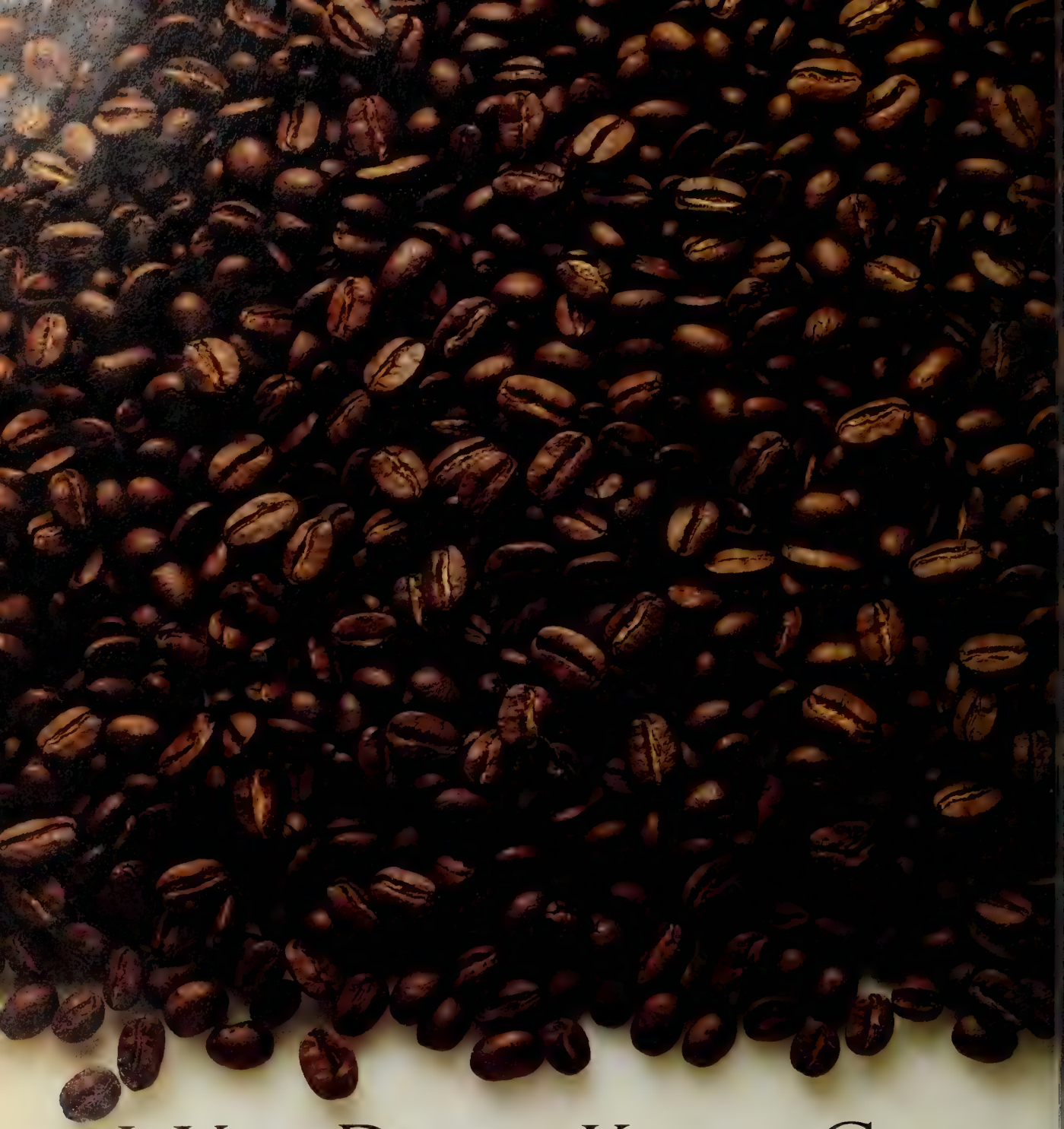
*1 vanilla bean**
⅔ cup butter
2 whole eggs
egg whites from
3 large eggs
1 cup and 1 tsp. sugar
¾ cup milk
1 T baking powder
2½ cups all-purpose flour
2 cups fresh berries (such as blueberries, raspberries, or blackberries). If fresh berries aren't in season you can use frozen.

*Generously grease muffin pan. Slice vanilla bean in half lengthwise and scrape out seeds. Place bean pod and scrapings in medium saucepan with butter. Heat until butter browns. Remove pan from heat and allow butter to cool completely. Discard pod. In a mixer combine eggs, 1 cup sugar, milk and browned butter. Sift flour and baking powder together and add to egg mixture until just combined—no more. Add desired variety of berries. Scoop batter into muffin tin. Sprinkle tops with 1 tsp. sugar and bake at 375° for 20 minutes. *You can find vanilla beans in most supermarkets or gourmet shops or you can substitute 1 tsp. vanilla extract. Makes eighteen muffins.*

with the natural goodness of butter. As Amy says, "Everybody loves a baker." And everybody loves the flavor of real butter.

© 1989 CMAB

REAL BUTTER



IF YOU DON'T KNOW GLORIA



JEAN'S, YOU DON'T KNOW BEANS.™

Until you've tried Gloria Jean's gourmet coffee beans, you don't know how satisfying coffee can be.

All our coffees are premium Arabica beans, hand picked and meticulously roasted. We travel from the heights of Kenya to the volcanic slopes of Hawaii to bring back the best. When you select our superb Colombian Supremo, for example, we guarantee that every bean is fresh from Colombia.

And it's an affordable luxury. When you brew fine coffee at home, a cup is only about 12¢.

You'll discover dozens of varieties and flavors in Gloria Jean's shops, from our legendary Gloria Jean's Special Blend to our famous Hazelnut. Our expert staff can guide you to varieties you'd enjoy most. After all, nobody knows beans better than Gloria Jean's.

For the Gloria Jean's nearest you, call 1-800-235-0555.

Gloria Jean's®
COFFEE BEAN

THE UNCOMMON POTATO
Saucy Spuds from the Microwave

One potato, two potato, three potato, four—your microwave cooks potatoes speedier than before. Better yet, the fewer you need, the faster they cook. Turn these hot ones into a satisfying mini-meal or a side dish with a saucy topper.

MICRO-BAKED POTATOES

Scrub medium baking potatoes (6 to 8 ounces each). Prick several times with a fork. Arrange potatoes on a microwave-safe plate. Cook, uncovered, on 100% power (high) according to the chart or till tender, rearranging once. Let stand while cooking sauce.

Number	Cooking time
1 potato	5 to 7 minutes
2 potatoes	7 to 9 minutes
3 potatoes	10 to 12 minutes
4 potatoes	13 to 16 minutes

MUSHROOM MUSTARD SAUCE

The microwave turns out sautéed mushrooms and onions, without the fat—

2 cups sliced fresh mushrooms
1 medium onion, chopped (½ cup)
½ cup chopped red *or* green sweet pepper
⅓ cup shredded carrot
¾ cup chicken broth
1 Tbsp. cornstarch
1 Tbsp. Dijon-style mustard
Dash pepper
4 micro-cooked potatoes
2 Tbsp. grated Parmesan cheese (optional)

In a 1½-quart microwave-safe casserole combine mushrooms, onion, red or green pepper, carrot, and *¼ cup* of the chicken broth. Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till vegetables are tender, stirring once.

Combine remaining ½ cup chicken broth, cornstarch, mustard, and pepper. Stir into vegetables. Cook, uncovered, on high for 2 to 3 minutes or till thickened and bubbly, stirring every minute till sauce begins to thicken, then every 30 seconds.

Split open potatoes; mash potato centers slightly with a fork and season to taste with salt and pepper. Spoon sauce atop. Sprinkle with Parmesan cheese, if desired. Makes 4 servings.

Nutrition information per serving: *254 cal., 8 g pro., 57 g carbo., 1 g fat, 0 mg chol., 283 mg sodium, 1,156 mg potassium, and 6 g dietary fiber. U.S. RDA: 41% vit. A, 96% vit. C, 30% thiamine, 21% riboflavin, 43% niacin, 18% iron.*

POTATOES CACCIATORE

With Italian-style seasoning—

1 medium zucchini
¼ cup chopped onion
1 clove garlic, minced
2 Tbsp. water
1 9-oz. pkg. frozen chopped cooked chicken
1 8-oz. can stewed tomatoes, cut up
1 8-oz. can tomato sauce
¾ tsp. dried Italian seasoning, crushed
4 micro-cooked potatoes
½ cup shredded mozzarella cheese (2 oz.)

Cut zucchini lengthwise into quarters, then into ¼-inch-thick slices (about 2 cups). In a 1½-quart microwave-safe casserole combine zucchini, onion, garlic, and water. Micro-cook, covered, on 100% power (high) for 3 to 5 minutes (low-wattage oven: 6 to 8 minutes) or till vegetables are tender, stirring once. Drain.

Stir in chicken, stewed tomatoes, tomato sauce, and Italian seasoning. Cook, covered, on high for 5 to 7 minutes (low-wattage oven: 7 to 9 minutes) or till heated through.

Split open potatoes; mash potato centers slightly with a fork. Season to taste with salt and pepper. Spoon sauce atop. Top each with cheese. Makes 4 servings.

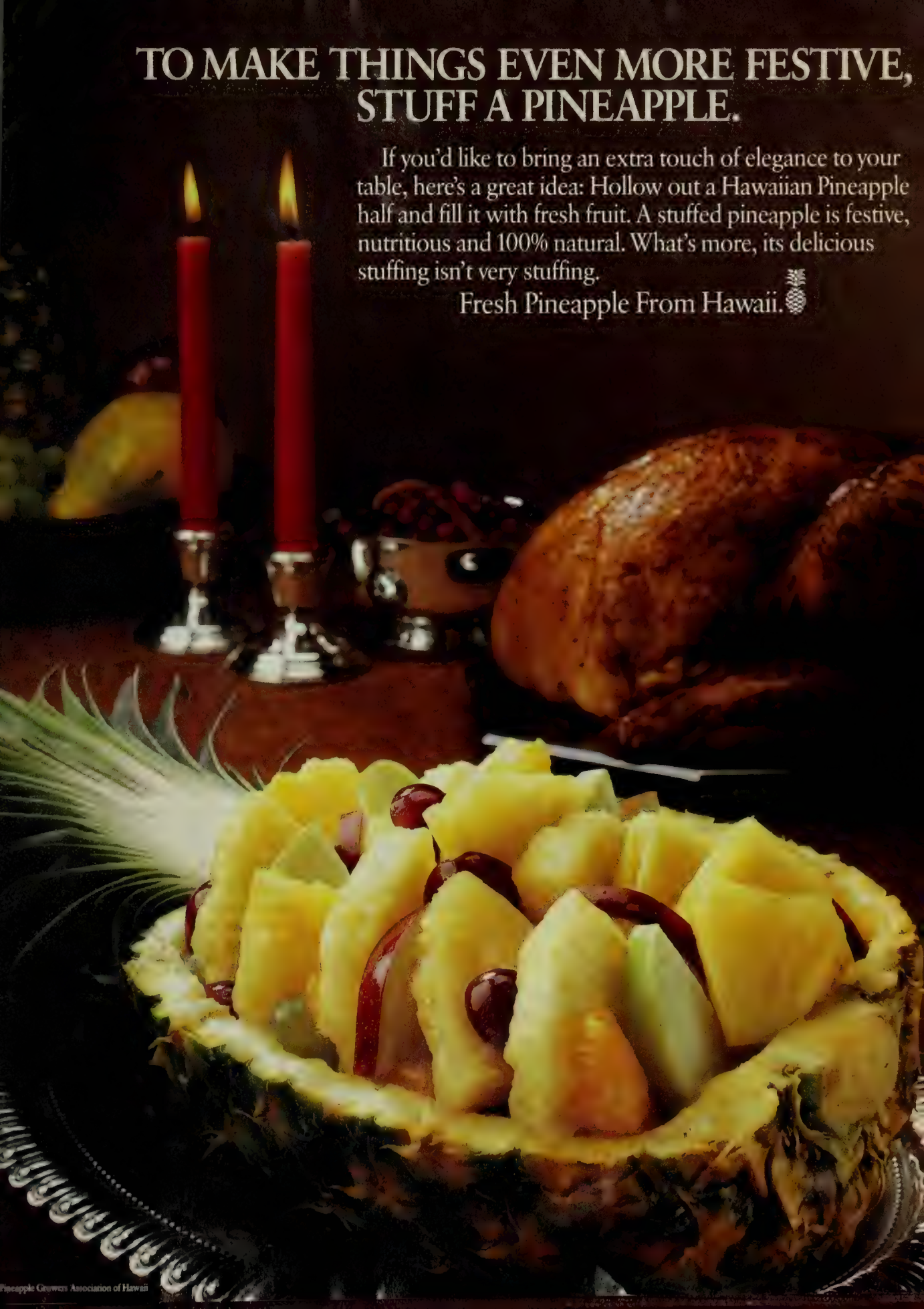
Nutrition information per serving: *404 cal., 30 g pro., 60 g carbo., 6 g fat, 62 mg chol., 620 mg sodium, 1,583 mg potassium, and 7 g dietary fiber. U.S. RDA: 17% vit. A, 86% vit. C, 39% thiamine, 21% riboflavin, 96% niacin, 21% calcium, 25% iron.* BH&G

Micro-simmer chunks of chicken and zucchini in an herbed tomato sauce for this topper.

Ladle on this vegetable-filled Mushroom Mustard Sauce and top with Parmesan.



SCOTT LITTLE


TO MAKE THINGS EVEN MORE FESTIVE, STUFF A PINEAPPLE.
If you'd like to bring an extra touch of elegance to your table, here's a great idea: Hollow out a Hawaiian Pineapple half and fill it with fresh fruit. A stuffed pineapple is festive, nutritious and 100% natural. What's more, its delicious stuffing isn't very stuffing.
Fresh Pineapple From Hawaii.
Pineapple Growers Association of Hawaii

In 12 hours this toothbrush will be clean enough for you to use.



Of course you may not want to. But you could. A bold claim. But one that's a scientifically proven fact.

Even your own mouth is a perfect breeding ground for the germs that cause colds, flu, diarrhea, strep throat, even herpes.

But now using a safe but powerful ultraviolet, germicidal light, the Dentec™ 4000 kills those germs that cause and transmit oral infection.

Protect your family's health. Get the Dentec™ 4000.



Dentec 4000
TOOTHBRUSH
SANITIZER

Before you clean your teeth, clean your brush.™

Available at *Longs Drugs* and other fine stores or call 1-800-942-7192.

MAINTENANCE

KEEP PAMPERING YOUR APPLIANCES

These "grooming tips" will help you keep your major household appliances trouble free.

REFRIGERATOR

- Defective door gaskets or seals boost energy bills. Use mineral oil on the gaskets to prevent cracking. Check for airtightness by inserting a piece of paper or a new dollar bill in the door. If you feel little or no resistance as you pull the bill out, replace the gasket.
- A lint- and dust-covered base grille and condenser coils affect the operating cost and efficiency of your refrigerator. At least twice a year, you should clean the grille and the coils with your vacuum brush attachment.
- A refrigerator drip pan can breed germs and odors if it's not clean. At least twice a year, wash out the pan.

RANGE HOOD

- The reason ducted kitchen range hoods have aluminum mesh filters is to capture airborne grease, which is flammable. That's why it's important to wash the filters in the dishwasher or sink at least once a month.

RANGE

- To improve gas burner performance, at least four times a year remove the retainer screws and lift out the burners. Clean any clogged ignition ports on the burners (a round toothpick works well). Wash burners in a solution of ammonia and water.

DISHWASHER

- Once a month, check the sprayer and drain for clogs. Clean the sprayer's holes of detergent residue and food particles. Remove food scraps.
- Trapped grease may clog the drain. Cover the drain with baking soda (because it's noncaustic); pour on boiling water. Let it sit, then drain.

DRYER

- To help keep your dryer heating and drying properly, remove lint and compacted fuzz regularly. Clean the lint screen weekly. Clean the dryer's exterior vent at least once a month. Then go over the vent hose with your vacuum cleaner hose to collect lint caught behind crevices and ridges.

placing thick piece in front. Plane to shape with block plane.

Cut ⅛-in. strips from 1½-in. stock for siding on boat. Bevel edges; cut 30-degree miter on front of siding boards. Glue and nail in place.

Cabin: Cut 5×10⅛-in. front and back from 1×8. Cut sides each 3⅜×10⅝ in. long. On front and back drill 1-in.-diameter hole ¾ in. down from top. On sides, equally space three 1-in.-diameter holes up 1 in. from bottom.

Cut 22½-degree angle on tops of sides. On front and back, saw peak for roof at 22½-degree angle.

Glue and nail sides between front and back with edges flush.

For roof, cut two 7×14-in. pieces of 1×8. Bevel and cut to fit for roof again using 22½-degree angle. Glue and nail roof in place.

On rooftop, drill two ⅛-in. holes approximately 2 in. apart for small dowels in bases of doves.

Screw casters to ark bottom at dots and near center front.

Animals: Enlarge Noah's Ark Animals pattern on *page 146* to scale (800 percent). Cut 2 each of birds and animals from remainder of 1×8 stock. On human and lion figures, cut 1 shape along outline and other following dashed lines. In base of each dove, drill ⅛-in. hole ⅜ in. deep for dowel support on roof. Drill ⅛-in. hole in 1 dove for mouth. Cut small twig to fit mouth; glue in place. For doves' wings, cut groove to fit wing; slide wing into place.

Sand all pieces, rounding edges very slightly but leaving bottoms square. Leave natural or finish as desired. *Note:* Figures may also be painted.

"IN THE BEGINNING" HEBREW SAMPLER, page 144

To order pattern or kit, see page 161.

Materials: 22×28-in.-piece ivory linen; DMC floss in following colors: No. 355 dark terra-cotta, No. 798 dark delft, No. 922 light copper, No. 977 light golden brown, metallic silver; water-erasable marker.

Instructions: Finished design size, approximately 12¾×18⅝ in.

Enlarge pattern (*page 146*) to scale (320 percent). *Note:* Only partial border pattern is given. To complete border pattern, flop lower left corner along dotted lines so pattern repeats itself. Transfer pattern to cloth using water-erasable marker.

Using 2 plies floss, outline-stitch all stems with 355, dark leaf sections and center vein with 922, light leaf sections with 977, letters and flower centers with 798, and flower style and box around lettering with metallic silver.

Fill in leaves, flower centers, and lettering with satin stitches and appropriate color floss. Make French knot buds at end of each flower style with metallic silver. Frame as desired.

STAR OF DAVID NAPKIN RINGS, page 144

Materials: Assorted pliable twigs 13–16 in. long (willow, alder, poplar, etc.); garden shears or wire cutters; very fine wire.

Instructions: *Note:* Use only fresh twigs that bend easily. Carefully bend twigs into two 8-in. triangles; secure each triangle with wire. Place 1 triangle on work surface. Place inverted triangle over first triangle, forming six-pointed star; wire together at crossed points.

Saturdays.



Lightdays®.

So thin. So contoured. So comfortable.
Lightdays Pantiliners help you feel fresh every day.



©1990 KIMBERLY CLARK CORP

Gross National Product.



This year Americans will produce more litter and pollution than ever before.

If you don't do something about it, who will?

Give A Hoot. Don't Pollute.

TEAM UP! JOIN THE WOODSY TEAM

Forest Service-USDA

GOOD GIFTS FOR THE ENVIRONMENT

Want to make an environmentalist happy? Give him or her a gift that is built to last. By avoiding the cheap and quick, you'll be conserving resources and keeping junk out of the landfills. And by evaluating products for their simplicity and durability, you will be developing lifelong habits and attitudes that benefit the environment.

Here are a few of our suggestions, but don't be limited by this list. Just keep in mind as you shop that it's not the cost of the gift that counts, it's how long it lasts.

PENS AND RAZORS

Americans throw away billions of plastic pens and disposable razors every year. Old-fashioned fountain pens may be expensive, $50 and up, but they'll last a lifetime or two. They also make writing a pleasure. Likewise, stainless steel or brass razors will last for decades. You remove the blades when they dull (being metal, they biodegrade easily) and keep the razor.

HARDCOVER BOOKS

A book is a noble and thoughtful gift, but a hardcover book will preserve an author's wisdom much longer than a paperback. Look for acid-free paper, or paper with a high cotton or linen content. The spine of the book should have sewn bindings and a linen backing. Many small presses offer extras such as handmade paper, colorful cover inlays, and lithographic art.

WOODEN TOYS

Plastic may endure forever in landfills, but it doesn't last long in the toy box. If you want to give a child a present to remember this Christmas, consider the wooden toys available. Most are simple, popular designs. Wooden toys lack the hype appeal of today's marketing fads, but they help kids use their imagination and deliver memories for years to come.

HAND TOOLS

High-tech tools can be fun, but few can outlast a well-made hand tool. Designs for many hand tools date back thousands of years. With a little care, the hand tools you give the family carpenter or gardener this year can be handed down for three or four generations. Look for wood handles or wood construction and a durable finish on metal parts. If you're not sure what tool to get and don't want to risk a lot of money, a set of wood-handle screwdrivers makes a handsome addition to any shop.

QUILTS AND COMFORTERS

Bright and colorful, quilts, throws, and comforters not only accent a room's decor, they're a great way to stay warm without burning more fossil fuels. Handmade quilts are often artworks in their own right and can cost from $150 on up into the thousands of dollars. Comforters and duvets are a more affordable alternative from $100 to $350. Many have covers that can be changed as your needs change. Cotton throws are available for $35 to $50, and can be tossed in the washer and dryer for cleaning.

RECYCLED STATIONERY

No need to use virgin paper for any of your Christmas obligations. Using or giving recycled stationery conserves natural resources and lets your friends and relatives know about your concern. Cards on recycled paper stock are widely available, and many specialty shops carry recycled wrapping paper.

If you can't find recycled wrapping paper, you can have some fun wrapping presents in left-over color comic pages from your Sunday paper.

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the listing.

ON OUR COVER

Pajamas—William Carter Co., First Shelton Pl., 1000 Bridgeport Ave., Shelton, CT 06484. **Red/black plaid rug**—Capel, Inc., Troy, NC 27371.

CHRISTMAS FROM THE OLD WORLD

Pages 33–60: Wrapping paper throughout story—Hallmark Cards Inc., P.O. Box 580, 2501 McGee, Kansas City, MO 64141. **Ribbon throughout story**—C.M. Offray & Son, Inc., P.O. Box 601, Chester, NJ 07930-0601. **All fabric, except as stated**—Pierre Deux, 147 Palmer Ave., Mamaroneck, NY 10543. **Embroidery floss throughout story**—The DMC Corp., P.O. Box 500, Port Kearny Building No. 10, South Kearny, NJ 07032-0650.
Page 33: Fabric under tree, "Grape Arbor"—F. Schumacher & Co., 79 Madison Ave., New York, NY 10016. **Wooden grapes on tree**—Weston Bowl Mill, Weston, VT 05161.
Pages 34–35: Rug, "Rittenhouse Square"—Thos. K. Woodard, 835 Madison Ave., New York, NY 10021. **Quimper pottery**—The Gilded Carriage, 95 Tinker St., Woodstock, NY 12498.
Pages 36–37: Quimper pottery—The Gilded Carriage (see address above). **Plate,** "Cordoba"—Philippe Deshoulieres Porcelaine, 11 East 26th St., New York, NY 10010.
Pages 38–39: Flatware, "Woodwind"—Reed & Barton Silversmiths, 144 W. Britannia, St. Taunton, MA 02780. **Stemware**—Simon Pearce Glass, The Mill, Quechee, VT 05059. **Charger**—Bill Goldsmith/Corot, 393 5th Ave., New York, NY 10016. **Quimper pottery**—The Gilded Carriage (see address above).
Pages 40–41: Salad plate, "Cordoba"—Philippe Deshoulieres Porcelaine (see address above). **Charger**—Bill Goldsmith-/Corot (see address above). **Flatware,** "Woodwind"—Reed & Barton Silversmiths (see address above). **Stemware**—Simon Pearce Glass (see address above). **Quimper pottery**—The Gilded Carriage (see address above).
Pages 42–43: Wooden Grapes in bowl—Weston Bowl Mill (see address above).

CRAFTING A COLONIAL CHRISTMAS

Pages 63–69: All hooked rugs—Claire Murray, P.O. Box 1089, N. Charlestown, NH 03603; 800/323-9276; catalog $5.
Page 63: Paper spirals—Adhesive-backed vinyl, Rubbermaid, Inc., 1147 Akron Rd., Wooster, OH 44691.
Pages 66–67: Dinnerware, "Dancing Squares"—by Andre Putnam-Sasaki, 41 Madison Ave., New York, NY 10010. **Stemware,** "Metropolis"—Sasaki (address above). **Flatware,** "Sextet"—Midnight by Retroneu, 99 Quentin Roosevelt Blvd., Garden City, NY 11530. **Napkins**—paper white, ltd., P.O. Box 956, 769 Center Blvd., Fairfax, CA 94930.
Page 70: Evenweave fabric—Zweigart®, courtesy of Rose Gardens Needlework & Crafts, P.O. Box 261, Madison, TN 37115. **Floss**—The DMC Corp., P.O. Box 500, Port

continued on page 151

Sundays.

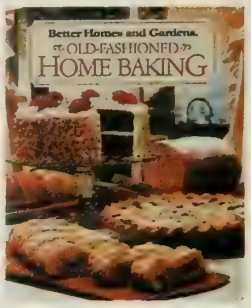


Lightdays®.

So thin. So contoured. So comfortable.
Lightdays Pantiliners help you feel fresh every day.



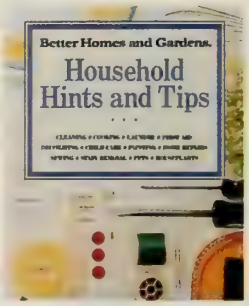
©1990 KIMBERLY CLARK CORP

















NEW. Old-Fashioned Home Baking. Professional home economists take you back to the tastes and aromas of old-time baking. Color photos and step-by-step instructions for over 500 recipes using today's simplified techniques.

NEW. New Decorating Book. Creative decorating ideas ranging from the newest trends to classic styles. 550 color photos show decorating from curtains to colors to furniture.

NEW. The New Houseplants Book. A complete guide on how to select and care for 150 houseplants. A great choice for beginners or intermediate plant enthusiasts.

NEW. Four-Season Cross-Stitch. Delightful seasonal designs you can make whether you're a beginner or have years of experience. 92 projects shown in explicit diagrams.

NEW. Household Hints and Tips. 3,670 clever, time-saving hints on everything from laundry to child care to pets. Includes "Green Leaf" symbol on tips which promote a cleaner environment.

NEW. Eat and Stay Slim. Delicious recipes for people who want a healthy, sensible weight-loss plan, or want to stay slim. Based on the food exchange system from the American Diabetes and Dietetic Associations. On sale September 1.

NEW. Cooking Italian. Now you can make tantalizing, authentic Italian cuisine easily at home. Quicker recipes. Step-by-step instructions.

"Wallpaper Like a Pro" Video. Filled with practical hints and advice, it makes getting the hang of wallpapering simple and easy. Step-by-step instructions are demonstrated. Just watch and imitate. Filled with practical hints and advice.

Cookbooks contain nutrition analysis. All books are hardcover, contain color photos and are available wherever books are sold.

New ideas to help around the house.

Better Homes and Gardens® BOOKS

BETTER IDEAS

continued from page 149

Kearny Building No., South Kearny, NJ 07032-0650.

MAKING CHRISTMAS MEMORIES

Page 94: Green towel—Tag, 1730 W. Wrightwood, Chicago, IL 60614.

Pages 98–99: Painted and natural wooden boxes—Shaker Workshops, 74 Sand St., Gardner, MA 01440. **Ribbons**—C.M. Offray & Sons, Inc., P.O. Box 601, Chester, NJ 07930-0601.

Pages 100–101: Dinnerware, "Boheme"; **soup bowl,** "Haverford Hall"—Lenox China, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648. **Flatware,** "Laurel"; **vase,** "King Edward"; **stemware,** "Castlefield"—Gorham, Inc., P.O. Box 6150, Providence, RI 02940.

Page 104: Plate, "Christmas Wonderland"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367.

HANUKKAH

Pages 141–144: All Judaic pottery—Renee & Howard Vichinsky, Rd 1, Box 294, Ulster Park, NY 12487; catalog $5.

Page 141: Tablecloth, napkin fabric—Victoria Moreland for Raintree Designs, 979 Third Ave., New York, NY 10022.

Pages 143–144: Tablecloth, napkin fabric—Victoria Moreland for Raintree Designs, 979 Third Ave., New York, NY 10022. **Flatware,** "Sheraton"—Oneida Ltd, Oneida, NY 13421. **Water glasses**—Design House Glassware, 2629 Whitmore, Ft. Worth, TX 76107. **Dinner plates,** "Agate Blue"—Bennington Potters, Inc., Box 199, 324 Country St., Bennington, VT 05201. **Salad plates,** "Baltic Sea"—Arabia, Designer Inc., Box 424, New Canaan, CT 06840.

PRIZE TESTED RECIPES®

Page 137 ***(left)*****: Plate,** "Harlow"—Royal Doulton USA Inc., 700 Cottontail Lane, Somerset, NJ 08873. **Glass**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Napkin ring**—Neiman Marcus, P.O. Box 2968, Dallas, TX 75221. ***(Right)*****: Cups and saucers,** "Melina"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010.

Page 138 ***(right)*****: Plate**–The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

DIRECTORY
OF ARCHITECTS, DESIGNERS

CHRISTMAS FROM THE OLD WORLD

Pages 34–35: "Angels in the Heavens Sampler"—Gary Boling. **Faience Pillows**—Jim Williams. **Angel Doll**—Taresia Boernke. **Crocheted Baskets**—Janice Miller. **Sheep Dolls**—Margaret Sindelar. **Pasta Ornaments**—Gary Boling.

Page 39: Wooden Nativity—Jim Williams.

Page 42: Paper Dress-Up Dolls—Susan Carson.

Page 47: Treetop Angel—Taresia Boernke.

COLONIAL CHRISTMAS

Page 63: Paper Sprials—Jilann Severson. **Patchwork Star**—Kathy Moore. **Miniature Fence**—Jim Williams. **Father Christmas**—Phyllis Dunstan.

Pages 66–67: Dried Apple Garland—Barbara Forbes.

Page 69: Candle Tree—Jim Williams.

Page 70: Cat Rug—Claire Murray. **Candle Sampler**—Jim Williams.

Pages 76: Father Christmas—Phyllis Dunstan.

HANUKKAH

Pages 143–144: Noah's Ark—Jim Williams. **"In the Beginning" Hebrew Sampler**—Jim Williams. **Star of David Napkin Rings**—Abby Ruoff.

Mondays.

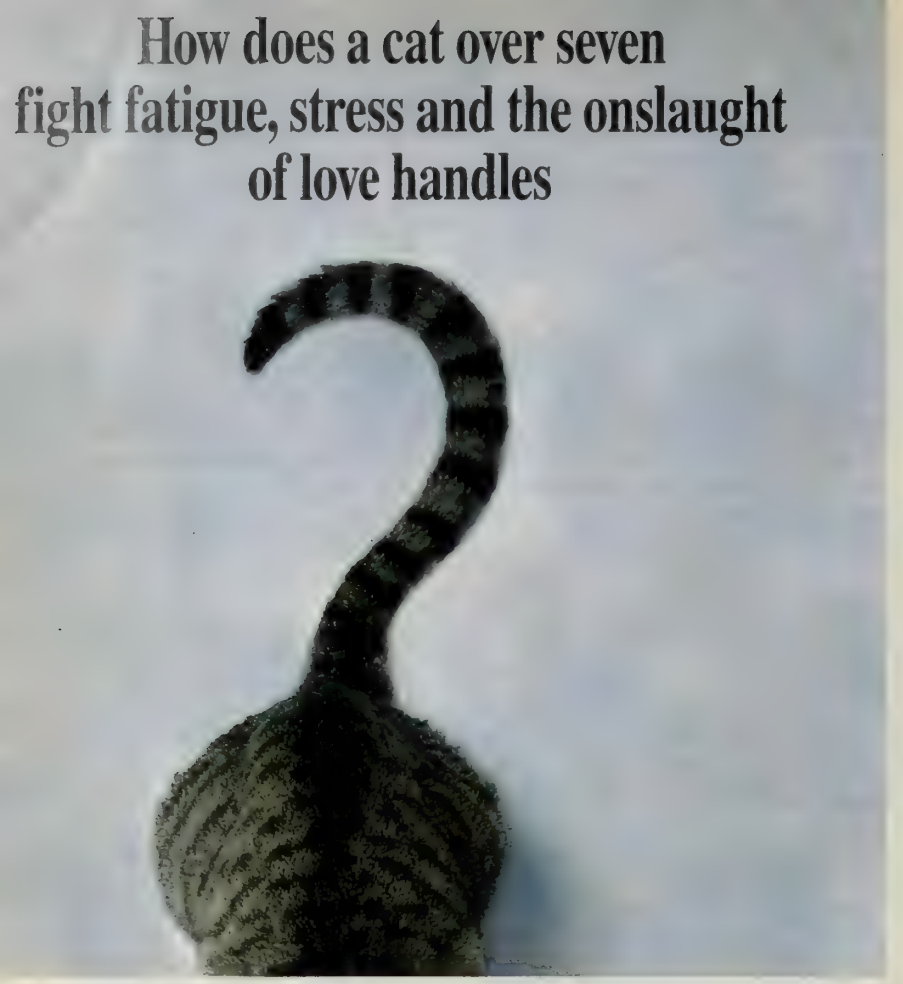


Lightdays®.

So thin. So contoured. So comfortable.
Lightdays Pantiliners help you feel fresh every day.



©1990 KIMBERLY CLARK CORP



PETS BY LOIS ANNE NAYLOR

PERFECT PET PRESENTS
Tail-wagging ideas

Give your dog, cat, and bird holiday gifts that will keep them merry all year long.

King of toys. My dog's favorite possessions are her small and large Kongs. Shaped like a beehive, this hard rubber toy bounces crazily when dropped. It provides exercise and improves your dog's reflexes and visual ability to track a moving object. The puncture-resistant toy also massages your dog's gums, cleans its teeth, and strengthens its jaws. I've never explained that to Heidi, though. She thinks she's just having fun. When you can't play, your pet can start Kong on an erratic course with a flick of its paw. Heidi has tested lots of canine toys and rendered many of them unsafe in half an hour. Not so the Kongs. Their condition is as good now, after a year of daily workouts, as when she first pounced on them. Note: Kongs are unpredictable, so be careful where you throw them indoors. Canine Kongs cost $6–$17. Birds can have their own fun with the Jawrobeaks version of Kong, $6–$8.



THE KONG COMPANY



THE KONG COMPANY

Curry favor with your canine. Why just brush your dog when you can massage it at the same time? More than a grooming device, Petfingers has 27 cone-shaped rubber "fingers" that caress your dog as they collect loose hairs, stimulate circulation, and help produce natural oils. $10.

Available in pet stores and vets' offices, or contact *The Kong Company, 7721A W. 6th Ave., Dept. BHG, Lakewood, CO 80215; 303/233-9262.*


CLASSIC PRODUCTS

48 hours. That's how long you can be gone and not have to worry about your cat's food. Just fill the double dishes of Classic Products' Pet Mate Automatic Cat Feeder, set the dual controls, and each lid will open at its appointed chow time. You can leave for the weekend confident that Fluffy

will have enough food on Saturday and Sunday. An ice pack keeps the food fresh. The unit operates on an AA battery. $44, postage paid. Available through *Pedigrees, 1989 Transit Way, Box 905, Dept. BHG, Brockport, NY 14420-0905; 716/637-1431.*



PEDIGREES

Round and round I go. Your cat can have its own amusement park with the Feline Ferris Wheel. A sturdy 19 inches high, the Ferris wheel is covered with carpet and sprinkled with catnip. Fluffy can happily entertain herself by turning the unit or climbing in and out of the wheel's four sections. $54.95, postage paid. Order this catalog item from *Pedigrees, 1989 Transit Way, Box 905, Dept. BHG, Brockport, NY 14420-0905; 716/637-1431.*



FLEXI U.S.A. INC.

The long of it, and the short of it. Give your dog the freedom it craves during your daily constitutionals while you remain in full control. The Flexi retractable leash allows Boots to run ahead of you, or follow where his nose leads him. But the built-in braking device lets you reel him in so you can safely cross streets together, and it keeps him at your side when other people or animals are nearby. There are 16-foot Flexi leashes designed for the individual needs of small, medium, and large canines, plus a 26-foot model for dogs over 30 pounds. A version for smaller pets will be on the market soon. Another type that extends up to 10 feet lets you stroll with your cat. Available in pet-supply stores, vets' offices, discount shops, and hardware stores, or from catalogs. Prices vary, but expect to pay about $15–$35 for dogs and $14 for cats.



LESTER D. BOLES

Inclined for the aging. The good news is that cats and dogs are living longer. The bad news is that, like people, they are experiencing the problems associated with getting older, like arthritis or limited mobility. If Fluffy can no longer jump up to her favorite perch, restore her independence with PawsWay, an inclined wooden ramp covered with carpet. Place the adjustable ramp next to a couch, bed, or other chosen spot so she can climb up whenever she desires. You can fold the unit and store it under the couch. The pine model costs $49.95; oak runs $64.95. Add $8 for shipping and handling. (Illinois residents include 7 percent sales tax.) Available by mail order from *Pet Care with Love, Inc., P.O. Box 764, Dept. MPR-BHG, Glenview, IL 60025-0764. For MasterCard or Visa orders, call 404/928-2700.*

Besides Pedigrees, other catalogs worth getting include: *ANIMAIL Pet Care Products, 2515 East 43rd St., Box 23547, Dept. BHG, Chattanooga, TN 37422-3547; 800/255-3723.*

Drs. Foster & Smith, 509 Shepard St., P.O. Box 100, Dept. BHG, Rhinelander, WI 54501; 800/826-7206. Ignore professional wares, but buy owner items at rock-bottom prices.



CUSTOM BLINDS, BUDGET PRICES IN ONLY 3 DAYS.

Custom sizes from 10" to 120" wide
Here's a sampling of our mini blind prices.

W \ L	15"-23"	26"	29"	32"	36"	40"	44"
21"	S8	S10	S11	S13	S15	S17	S19
42"	11	13	14	16	18	20	23
48"	14	15	16	20	22	24	28
54"	16	18	19	23	26	28	30
60"	19	22	23	25	28	30	32
66"	20	23	24	27	30	32	34

- Custom Verticals in Vinyl, Fabric & Aluminum
- Custom 1" Wood Blinds
- Sola-ré Pleated Shades
- Hunter Douglas Duettes®



COMPARE OUR PRICES TO ANYONE.

3 DAY BLINDS

LIFETIME GUARANTEE

TOLL FREE 1•800•966•3DAY

Ask For Your **FREE** Ordering Kit • VISA and MasterCard Accepted

3 DAY BLINDS, INC. Anaheim, California — Prices subject to change

CUSTOM MADE TABLE PADS

BEST PRICES
DIRECT FROM THE FACTORY

Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied. 15 year guarantee.



1-800/328-7237
Ext. 210

1170 Stella St., St. Paul,MN 55108
©-89 (612) 646-6778—Ext. 210

Sentry® TABLE PAD CO. SINCE 1911



'I saved 65% buying carpet from S&S Mills!'

"Buying direct from S&S was easy. Their customer service staff was very helpful and my shipment arrived right when they said it would. And because S&S uses only premium quality branded fibers like DuPont Stainmaster® and Scotchgard® stain resist by 3M, I knew the carpet I selected would be of the highest quality. . . I was right."
Ann Vaughan, Homeowner, Indianapolis, IN

Call for *FREE* carpet samples and a brochure.

1-800-848-8114 ext. 98

S&S MILLS

MasterCard VISA

We Deliver Quality Carpet for Less

2650 Lakeland Rd., Dalton, GA 30720

Levolor • Graber • Del Mar • Kirsch
Bali • HunterDouglas • Louver Drape

BLINDS UP TO 80% OFF

Micros • Minis • Verticals • Duettes

WE WILL NOT BE UNDERSOLD ON ANY NATIONAL BRAND

FREE UPS Shipping

FREE PRICE QUOTES
Call Today For Discounts On Any National Brand

No Sales Tax Outside N Y State

THE BLIND FACTORY OUTLET

VISA 1-800-233-4488

WHOLESALE WALLCOVERINGS

CALL US WITH BOOK NAME & PATTERN NUMBER

36% to 50% OFF

MICROS • MINIS • VERTICALS • PLEATED

BLINDS

UP TO 70% OFF

FREE SHIPPING NO SALES TAX (excl. N.J.) BHG

TOLL FREE 1-800-338-4882

HEADQUARTERS WINDOWS & WALLS
8 Clinton Place, Morristown, NJ 07960

BH&G Shopping editor's choice

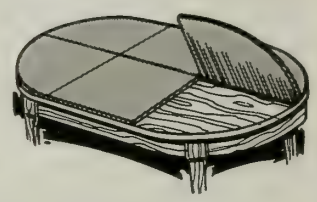
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence.

BY ARLENE AVILES



RULE OF GOLF

12" × 16" humorous colorful print perfect for den, office or family room. With black mat for $25.00 or matted with brushed gold frame for $49.00. Add $3.50 for shipping. Virginia residents add 4.5% sales tax. Mastercard or Visa accepted. ART ACCENTS, 7313 Brad Street, Fall Church, VA 22042. Or call 1-703-573-0813.

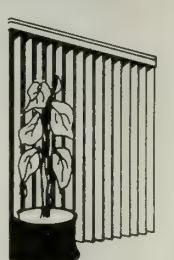


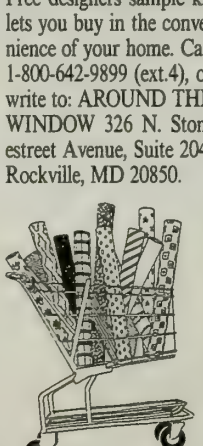
CUSTOM TABLE PADS

Protect your treasured dining table with a quality custom table pad. Once in a lifetime offer by ordering now! Save up to 70%. Unbelievably priced from only $29.95 any normal size; compare at $99.95. Pads have washable, heat-treated vinyl tops, insulating felt bottoms, fold for easy storage. Has 5-year factory guarantee. FACTORY DIRECT TABLE PAD CO. U.S. call 1(800)428-4567.

VERTICALS & MINI BLINDS

60% to 76% off retail. Shipped in 5 working days, or yours FREE. LIFE TIME GUARANTEE. We are an established factory-direct company committed to quality & service. Free designers sample kit lets you buy in the convenience of your home. Call 1-800-642-9899 (ext.4), or write to: AROUND THE WINDOW 326 N. Stonestreet Avenue, Suite 204, Rockville, MD 20850.





SHOP AT HOME

Decide on your wallpaper selection, call NationWide Wholesaler TOLL FREE with book name, pattern number & amount of rolls desired: 800-488-WALL for instant price quote. All first quality. Never under sold. FREE UPS Delivery. No sales tax except N.J. and N.Y. NATIONWIDE WHOLESALER, P.O. Box 40, Hackensack, NJ 07602.



GO AHEAD. ASK US ANYTHING.

When it's time to sell your home, you're bound to have questions like "What will buyers think of our home?"

We know. Because we asked our agents around the country what buyers are really looking for. And we used that knowledge to develop the Better Homes and Gardens® Home Merchandising System.™

It's a unique system that combines our real estate marketing expertise with *Better Homes and Gardens* vast knowledge of the home to show you how to enhance your home from a *buyer's* perspective.

Then, to reach buyers and to help sell your home quickly, easily and at the best possible price, we'll use our proven Home Marketing System.™

Any questions? Call your local *Better Homes and Gardens* member firm or 1-800-274-7654.

SOLD

Better Homes and Gardens®

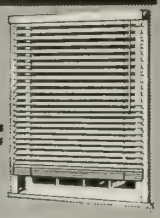
NOBODY KNOWS HOMES BETTER.®

Each firm independently owned and operated. Availability of services may vary. ©Copyright 1990 Meredith Corporation.

LOWEST PRICES! LEVOLOR • DELMAR • BALI • GRABER • HUNTER DOUGLAS LOUVER DRAPE • JOANNA • KIRSCH • VEROSOL • PROFILE • M & B

LEVOLOR® & del mar MINI-BLINDS

Up To 80% OFF RETAIL





VERTICAL BLINDS 75% OFF RETAIL

AMERICAN BRAND BLINDS SHIPPED IN 5 WORKING DAYS

Call Us for Prices on All Brands of:

- Real Wood Blinds
- Pleated Shades
- Vertical Blinds
- Mini Blinds

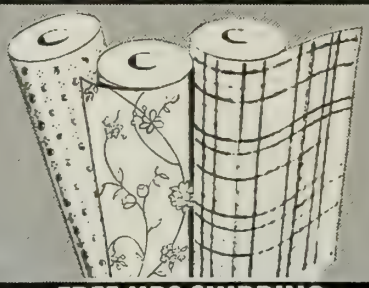
COMMERCIAL QUOTES AVAILABLE

OVER ONE MILLION SATISFIED CUSTOMERS COAST TO COAST!

WALLCOVERING

Up To 78% OFF RETAIL

ALL THE NATIONAL BRANDS!



FREE UPS SHIPPING
NO SALES TAX OUTSIDE MI

Instant Price Quote on All the National Brands

- All First Quality
- Special Discounts
- Shop In Your Neighborhood, Write Down Book Name and Pattern Number THEN CALL:

NEW LOWER PRICES!

IT'S THE QUICK AND EASY AMERICAN WAY TO SHOP!

CALL TOLL FREE 1-800-735-5300

USE OUR CONVENIENT FAX #: (313) 553-6262 ©1990 A.B.W.F.

AMERICAN BLIND & WALLPAPER FACTORY

20237 ORCHARD LAKE RD.
FARMINGTON HILLS, MI 48334

WEEKDAYS: 8:30 a.m. - 9:00 p.m.
SAT. 8:30 a.m. - 6:00 p.m. • SUN. 10:00 a.m. - 6:00 p.m. E.S.T.



GIANT CAST IRON PIGGY BANK

only $13.95
plus $3.75 shipping

An inspiration for savers—*and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100-year-old antique foundry molds. Not your everyday run-of-the-mill piggy bank—he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. Check, MC, Visa. NJ res. + 7% tax.

SPECIAL: Two for $26 plus $6.50 shpg.

ESSEX HOUSE
Dept. G12-0, Rahway, NJ 07065



LEVOLOR® BLINDS

1" MINI-BLINDS... UP TO

75% OFF

GUARANTEED LOWEST PRICES!!

CUSTOM ORDERED VERTICAL BLINDS
(Fabrics - Vinyl - Aluminum)
PLEATED SHADES • DUETTES • REAL WOODS

WE SELL ALL SIZES!! ALL BRANDS!!

TO ORDER CALL TOLL-FREE
1-800-677-9090

ADVANCED CONSUMER PRODUCTS
P.O. BOX 95 • GARDEN CITY, MI 48135-0095

ASK ABOUT OUR GUARANTEE!

National Wholesale Wallcovering

★ 15 YEARS IN "DIRECT TO CONSUMER" SATISFACTION!

WALLPAPER 75% OFF!

NEW! LOWER PRICES!

EVERY BOOK AND PATTERN ALWAYS UP TO...

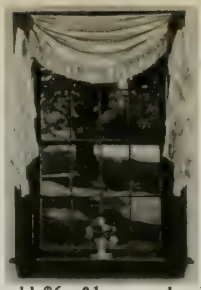
★ EXCLUSIVE "DON'T GET STUCK" RETURN POLICY
★ FREE DELIVERY! ★ SAME DAY PROCESSING!
★ NO SECONDS EVER! ★ ONLY FIRST QUALITY!
★ INSTANT PRIORITY SERVICE!
★ BUY ALL TOP BRANDS at National Wholesale

1-800-631-9341

★ FAX ORDER OR INQUIRY-1-800-526-9037

YOU CAN CHARGE IT!

PO Box 396, Teaneck, NJ 07652



BEDSPREAD FRINGE FISHTAIL SWAG FROM COUNTRY CURTAINS

Made of 50% cotton/50% polyester with 4" fringe. Natural or White. 45" long x 108" wide, $46.50 each. 45" long x 145" wide, $52.50 each. Other styles available. Made in USA. Please add $6 p&h per order. Free 64-page color catalog COUNTRY CURTAINS, Dept. 8170, Stockbridge, MA 01262.

MINI BLINDS

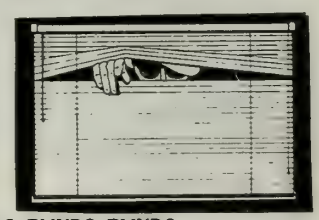


Window Express blinds–out of our factory in seven days–amazing prices! Also savings on window treatments (pleated shades, verticals, micros, etc.) by Levolor, Del Mar, Kirsch and Louver Drape. Free info. from CUSTOM WINDOWS & WALLS, Dept. BHG1290, 32525 Stephenson Highway, Madison Heights, MI 48071 or call toll free 1-800-772-1947 or 1-800-777-7747.

WALLPAPER AT THE LOWEST PRICES



Our goal for over 75 years has been the same: sell wallpaper at prices lower than anyone else. Call & compare our prices on wallcoverings. First quality & good service guaranteed. MARY'S DISCOUNT WALLPAPER, 111 North Lansdowne Avenue, Lansdowne, PA 19050. Phone 1-800-521-3393.



BLINDS, BLINDS, BLINDS

Bali Blinds, Louver Drape, Hunter Douglas and Del Mar verticals and shades and Verosol—save up to 75% on custom-made mini, micro, vertical blinds, pleated shades and Duettes. #1 in customer service—free UPS shipping in 48 states. Call for free color samples. 1-800-441-1288. PREMIER BLIND COMPANY, 317 East Hempstead, Gidding, TX 78942.



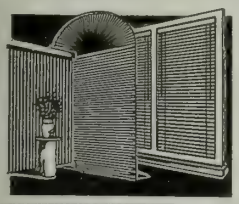
315 One-Story Home Plans

A 192 page book of one-story homes under 2,000 sq ft. For those with restricted, or modest building budgets. Over 800 illustrations. Distinctive exteriors of popular traditional and contemporary design styles. Efficient and practical floor plans for family living. Blueprints avail. $5.95 postpaid. HOME PLANNERS, INC., Dept. BHE0Z, 3275 West Ina Road #110, Tucson, AZ 85741.



ND DIRECTION AT A GLANCE

is splendid Crowing Rooster weather vane will the finishing touch to your home, garage, farm or ch. The weather vane is made of durable metal h baked vinyl coating. The arrow is 23" long; the pport is 27" high. Makes a lovely gift for any home-ner. Send just $19.95 + $3 postage. Also available horse motif. HOLST, INC., Dept. BHV-1290, 18 W. Lake, Box 370, Tawas City, MI 48764.



HE BLIND FACTORY OUTLET

uy top name brand blinds—Levolor, Graber, elMar, Bali, Hunter Douglas, Louver Drape and any more—at discounts of up to 80%. Now we are fering the savings of vast buying power of our retail ain to our mail order customers. Choose from min-, micros, verticals, pleated shades, & Duettes. Call day for a FREE price quote. 1-800-233-4488. THE LIND FACTORY OUTLET.

---

a note from MARY...

YOUR PAD or MINE?

Personalized note pads. 5 Pads of 50 sheets, size 4" X 7", Blue ink. Only $7.95 (postage paid). Print name and address.

Send Check To: **STINE'S PRINTING** 416 Warren, Dept B Huntington, IN 46750



TAN AT HOME!

Home & Commercial WOLFF Tanning Beds BUY DIRECT SAVE UP TO 50%!

Call Today for FREE Color Catalog and Wholesale Pricing!

1-800-228-6292

Noritake China Replacements

Are you having trouble finding matching pieces for your Noritake China?

Write:

Noritake

SERVICE CENTER, DEPT. B
P.O. Box 3240, Chicago, Illinois 60654
Call TOLL FREE 1-800-562-1991
(In IL 1-312-645-0724)

Quick & Easy Oriental Cook Books

The Quick & Easy Sushi Cook Book features 87 different types of sushi. Simple, step-by-step instructions & full-color photos. A perfect guide for the beginner to creating Japanese delicacies!

Other books available: Japanese Cuisine, Chinese Cuisine, Korean Cooking, Tofu Cook Book, Favorite Japanese Dishes, Chinese Appetizers, Chinese Cooking, A Taste of Tofu

$15.95 each + $3.00 postage/handling. CA residents add $1.00 sales tax. Send check or money order to:
Masa T. & Associates P.O. Box 764, Stanton, CA 90680

BALI. Levolor Graber Duette by HunterDouglas DEL MAR

BEST BLIND PRICES IN AMERICA! FROM OUR FACTORY

FREE DESIGNER SAMPLE KIT

Actual aluminum color samples. Actual fabric samples. This kit could save you hundreds. Call for yours today!

MINIS VERTICALS PLEATED



Dealer Inquiries Welcome!

UP TO **76% OFF!** suggested retail price

Shop Wholesale At Home! Lifetime Guarantee!

5 Working Day SHIPPING OR IT'S Free!

1-800-642-9899 Ext.4

326 N. Stonestreet Ave. / Suite 204 Rockville, MD 20850

around the window

800-847-6142

Wallpaper

•ANY PATTERN, ANY BOOK
•UP TO 50% OFF RETAIL
•ALL FIRST QUALITY
•GREAT SERVICE

"THE EASY WAY TO SHOP"
YORKTOWNE WALLPAPER OUTLET
2445 S. QUEEN ST. • YORK, PA 17402

ALWAYS FIRST-QUALITY

Top-Brand Wallpaper

Save up to 75%

- Any book or pattern.
- No tax outside Pa.
- Any fabric and border.
- Shop, then call with book name, pattern number.

FAST! Same-day processing.
FREE! Shipping. Except Alaska and Hawaii.

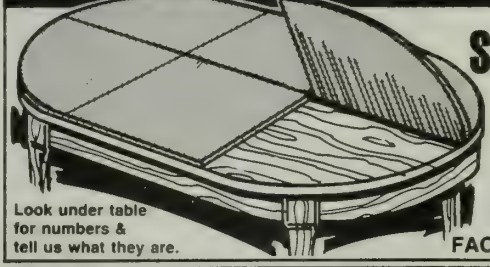
ALSO Top-Brand Carpet & Rugs

Mon., Tues., Fri.: 9–5
Wed., Thurs., Sat.: 9–5:30

1 800 252-5060
BENINGTON'S™
1271 Manheim Pike, Lancaster, PA 17601

PROTECT Your Treasured Dining Table With CUSTOM FIT **TABLE PADS**

ASK ABOUT FREE LEAF SPECIAL



Look under table for numbers & tell us what they are.

SAVE UP TO 70% Call Factory now & order direct before prices increase

UNBELIEVABLY PRICED FROM **$29.95** For Quality Pad Any Normal Size

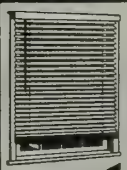
COMPARE AT 99.95

Guaranteed up to 20 years - MC/VISA

TOLL FREE 1 (800) 428-4567

FACTORY DIRECT TABLE PAD COMPANY

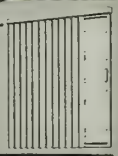
LEVOLOR®



1" MINI BLINDS **75% Off Retail**

LOWEST PRICES GUARANTEED

CUSTOM VERTICAL BLINDS
FABRICS
VINYLS
ALUMINUM



SHIPPED IN 5 DAYS OR THEY ARE FREE!

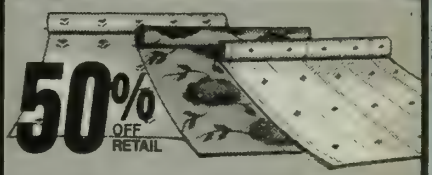
VERTICALS • PLEATED SHADES • REAL WOODS • DUETTES

NATIONAL BLIND FACTORY

CALL TOLL FREE 1-800-477-8000

400 GALLERIA #400 • SOUTHFIELD, MI 48034

WALLCOVERINGS



50% OFF RETAIL

Every pattern in every book is now 50% off depending on volume! The more you buy...the more you save!

FREE SHIPPING WITHIN 3 DAYS!

CALL TOLL FREE 1-800-627-0400 with pattern number and book name

Style Wallcovering

"WE DON'T INFLATE THE RETAIL PRICE & WE GUARANTEE TO BEAT ALL PRICES!"

P.O. Box 52128 • Livonia, MI 48152

STOP BY YOUR

SHOP BY MAIL

INSTANT PRICE QUOTES • SAME DAY PROCESSING

1-800
WALLCOVERINGS

• ALL BRANDS DISCOUNTED
• FIRST QUALITY
• FREE DELIVERY
• NO SALES TAX (outside NJ)

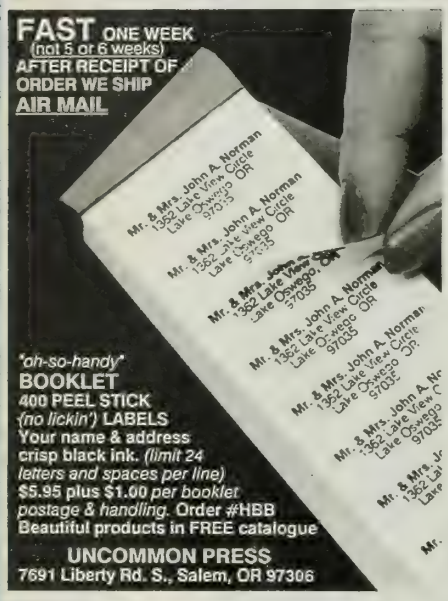
NOBODY BEATS OUR DISCOUNTS

CALL WITH YOUR PATTERN NUMBER

1-800-232-6591

P.O. BOX 1392 MERCHANTVILLE, NJ 08109

FAST ONE WEEK (not 5 or 6 weeks) AFTER RECEIPT OF ORDER WE SHIP AIR MAIL



"oh-so-handy" **BOOKLET**
400 PEEL STICK *(no lickin')* LABELS
Your name & address crisp black ink. *(limit 24 letters and spaces per line)*
$5.95 plus $1.00 *per booklet postage & handling.* Order #HBB
Beautiful products in FREE catalogue

UNCOMMON PRESS
7691 Liberty Rd. S., Salem, OR 97306

BLINDS

LEVOLOR
LOUVERDRAPE
DELMAR
HUNTER DOUGLAS

Verticals
Pleated Shades
Duettes
Wood Blinds
Micros & Minis

up to 80% off!

- Free UPS shipping
- No sales tax outside RI
- 5 day shipping on selected patterns

GLOBAL BLINDS

Call Toll Free:
1-800-488-4334
with brand name, pattern and color #
Weekdays: 8:30 a.m. - 9:00 p.m. EST
Saturday: 8:30 a.m. - 6:00 p.m. EST

WINDOW EXPRESS

1" MINI BLINDS
SHIPPED IN 7 DAYS

CUSTOM MADE
1" Mini Vinyl from $12!
1" Aluminum from $15!
PVC Verticals from $42!
Free Shipping On Most Items

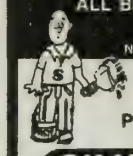
Also
• Levolor • Kirsch • Del Mar • Louver Drape

SUPER SAVINGS ON
WALLPAPER

CUSTOM WINDOWS & WALLS
32525 STEPHENSON HWY., MADISON HGTS, MI 48071
1-800-772-1947
Or 1-800-777-7747

Discount Wallcovering

Blinds - Verticals
"Never Undersold"
ALL BRANDS - FIRST QUALITY
FREE DELIVERY
NO SALES TAX (OUTSIDE PA)



SHOP IN YOUR NEIGHBORHOOD
Write down Pattern Number/Book Then Call

FREE* 2 rolls selected books (Buy 10 - Get 2 Rolls Free per pattern) MENTION COUPON

SILVER WALLCOVERING BLINDS • VERTICALS
3001-15 Kensington Ave. • Phila., PA 19134
1-800-426-6600
USA - CANADA

ART POSTERS



Over 2500 Collections
50% OFF

- Contemporary
- Childrens
- Lifestyles
- Scenic
- Fine art
- Photography

FREE UPS shipping to your home!

World's largest collection of art posters & prints—all custom framed.
FREE COLOR CATALOG
CALL TOLL FREE **1-800-477-3300**

Habitat Gallery
Custom Framed Art Posters & Prints

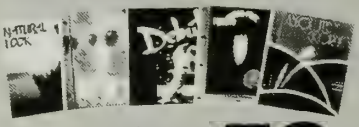
WALLPAPER

FREE DELIVERY • MASTERCARD/VISA
NO SALES TAX (outside PA)
CALL WITH BOOK & PATTERN #

33 - 75%

MARY'S DISCOUNT PAPERS
FAMILY BUSINESS SINCE 1925
1-800-521-3393

WE DO WALLCOVERINGS.



Smart wallcoverings does one thing and we do it right! That's why we can discount every pattern in every wallpaper book seen anywhere up to... **50% OFF RETAIL**

SMART FEATURES
- Free UPS shipping!
- Most orders shipped within 3 days!
- Absolute lowest prices guaranteed!

CALL TOLL FREE **1-800-677-0200**

SMART WALLCOVERINGS
"Where a smart shopper is our best customer."

LEVOLOR WINDOW BLINDS



Order custom-made window treatments direct from the factory and save up to 80% off retail. Mini-blinds, vertical blinds, wood blinds and pleated shades! "Over one million satisfied customers coast to coast." AMERICAN BLIND AND WALL-PAPER FACTORY. Phone 1-800-735-5300

© 1990 A.B.W.F.

CHINA, STERLING SILVER, CRYSTAL

Save up to 70% on famous makers like Gorham Reed & Barton, Royal Doulton, Lenox, Wedgwood Noritake & many others. By the piece or by the set Midas has the lowest prices. All orders sent quickly via U.P.S. Midas accept AmEx., Visa, M.C. & Dis cover. Write to: MIDA CHINA & SILVER Dept. BHG1290, 431 Walney Road, Chantilly VA 22021. Call toll fre 1-800-368-3153.



DUSTER CLOSE OUT



Distributor is closing out inventory of these high quality Australian lamb's wool dusters. Come in four sizes from 20" to 60". Holds dust like a magnet. Limited supply. 20" wand, $4.99; 30" to 40" extending $6.99; 31" to 60" extending $8.99. $1 p&h. Order 2 or more and we ship free. WELLS INTERIORS, INC., 7171 Amador Plaz Dublin, CA 94568. Or call toll free 1-800-547-8982

SLIPCOVERS OF AMERICA



An affordable alternati to expensive reupholster Custom look and fit ready-made prices. Wi selection of styles and fa rics, matching drapes a accessories. Send f FREE catalog. SLI COVERS OF AMER CA, Dept. #ED-01 P.O. Box 590, Bethleher PA 18016.

PROTECT YOUR UPHOLSTERED FURNITURE

With see-through vinyl sofa & armchair cove Vulnerable arms & backs are guarded from stai soils & wear & tear without hiding colors or desig Sets include two arm sleeves, 17½" long & one back piece. Sofa back, 21" x 53"; armchair back, 19" x 28½". Order H2438, Sofa Cover; H2439, Arm-chair Cover, $3.99 ea. ppd. WALTER DRAKE, BH80 Drake Bldg., Colo-rado Springs, CO 80940.





FROM NORDIC TRACK

Introducing a new piece of exercise equipment intended to create and maintain muscle strength and flexibility with just a few basic exercises. Quiet, attractive and easy to use, the new Nordic Fitness Chair by NordicTrack is designed to be used in the living areas of the home. For more information on the Nordic Fitness Chair call 1-800-848-7786.

ART POSTERS & PRINTS

Habitat Gallery
Custom Framed Art Posters & Prints



Habitat Gallery is the world's largest custom framed, art poster and print gallery. Choose your frame and matte color & favorite print from over 1,500 collections, at discounts of up to 50% off! Call now for a free color catalog. 1-800-477-3300.



MINI BLINDS

Mini blinds available direct from the factory at 75% off retail. We guarantee to ship your national blinds in 5 days or they're FREE! Call NATIONAL BLIND FACTORY at 1-800-477-8000.



BRAID Aid

Easily weave many basic and exotic styles, including English, French and Dutch like an expert. 64 page book of step-by-step illustrated instructions for all length hair and textures. Send $6.95 + $1.50 shipping. Refund guarantee. Valco, Dept. B-427, Box 2012, New Rochelle, N.Y. 10802.

PERFUME

COLOGNES & MINIATURES

Over 1000 Designer Fragrances
Imported-Hard to Find-Discontinued!

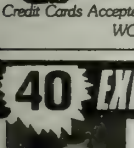


Available to you from the world's largest perfumery. To place an order *call Toll Free 1-800-544-0575 or write for free catalogue to* ***Le Parfumier, P.O. Box 40412-21, South 5th Street, Philadelphia, PA 19106***

Credit Cards Accepted: Amex Visa M.C. D.C. C.B. Discover
WORLDWIDE DELIVERY

40 EXPRESS PHOTOS

ONLY $3.00



BRIGHTEST COLORS ★ BORDERLESS
Six choices only $3.00 each

★ 40 Wallets
★ 32 Wallets & One 5"x7"
★ 8 Wallets & Four 5" x 7"s
★ 2 Custom 8" x 10"s
★ 1 Custom 11" x 14"
★ 20 Jumbo Wallets

TRUE color photos on KODAK paper. Speedy service with computer accuracy. Send any photos or instant prints up to 8"x10" or negs or slides. (returned) Add 95¢ each set for hand. and post. For Rush Express Photo Service add $2.00 per order.

GIANT COLOR Enlargements ★ 1 Custom 20" X 30" $9.95
★ 2 Custom 16" X 20" $9.95
For postage and handling, Add $1.95 per giant Enlargement Offer

Guaranteed. Encl. check or M.O. with ret. address, send to:

For Rush EXPRESS PHOTO™ Service add $2.

RELIANCE COLOR LABS, INC.
Studio 314-12 Box 1000
Swansea, MA 02777

LOWEST PRICES



BALI • HUNTER DOUGLAS
LOUVERDRAPE • VEROSOL
DEL MAR
DUETTES / MICROS/ 1" MINI / VERTICALS
REAL WOODS / PLEATED

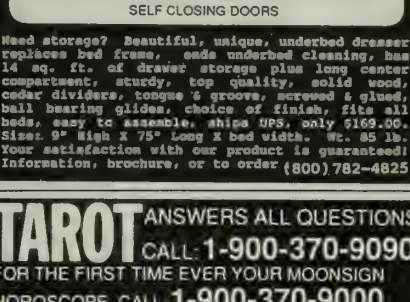


FREE UPS SHIPPING — NO. 1 IN CUSTOMER SERVICE

PREMIER BLIND COMPANY

CALL TOLL FREE FOR INFORMATION & PRICE QUOTES
1-800-441-1288
FAX 409-242-1382
317 E. HEMPSTEAD GIDDINGS, TEXAS 78942

Anderson™ BEDROOM ORGANIZER



Need storage? Beautiful, unique, underbed dresser replaces bed frame, ends underbed cleaning, has 14 sq. ft. of drawer storage plus long center compartment, sturdy, top quality, solid wood, cedar dividers, tongue & groove, screwed & glued, ball bearing glides, choice of finish, fits all beds, easy to assemble, ships UPS, only $169.00. Sizes 9" High X 75" Long X bed width. Wt. 85 lb. Your satisfaction with our product is guaranteed! Information, brochure, or to order (800) 782-4825

TAROT

ANSWERS ALL QUESTIONS
CALL: 1-900-370-9090
FOR THE FIRST TIME EVER YOUR MOONSIGN HOROSCOPE, CALL 1-900-370-9000
LET CASSANDRA REVEAL YOUR CHINESE HOROSCOPE, CALL: 1-900-370-9191
$2 FIRST MIN . $1 EACH ADD

At Last A Cap Organizer!



The "Original" Cap Rack Holds up to 12 Caps!

Now you can solve the problem of cap overload with our new Cap Rack. Put an end to caps falling off overloaded hooks and ending up on your floor! Simply order these easy-to-install Cap Racks and you will solve the problem of "Where do I put all of these caps?" Easy to use — simply fold in the back of the cap and snap each cap into the **PATENTED** plastic clip. Hang one for everyday use, and order several for your cap collection. Made in **USA** of **Solid Wood.** Great gift idea.

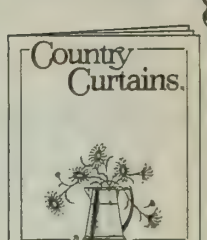
Set of two 6-clamp Cap Racks (each 18" long)
Reg. $11.95—Now for limited time, **ONLY $9.95** + $2.45 p&h.
Two sets of two 6-clamp Cap Racks Only **$18.95** + $2.85 p&h.

Single 12-clamp Cap Rack (36" long) **Reg. $11.50—Now** for limited time, **ONLY $9.50** + $2.45 p&h.
Two single 12-Clamp Cap Racks Only **$18.50** + $2.85 p&h.

Send Check or MO. 20 day money back guarantee.
Dept. BHO-1290, 1118 W. Lake
HOLST, Inc. Box 370, Tawas City, MI 48764

Country Curtains®

FREE COLOR CATALOG



Country Curtains . . . Over thirty years of old-fashioned quality and conscientious service.

A delightful selection of curtains trimmed with ruffles, fringe and lace. Also tab, tailored and ruffled styles in warm colors and cheerful prints, some insulated styles, lots of lace and balloon curtains, bed ensembles and more.

PLEASE CALL: 413-243-1300
24 hours a day, 7 days a week

Satisfaction guaranteed.

☐ **PLEASE SEND FREE CATALOG.**

Name_____
Address_____
City_____
State_____ **Zip**_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 7960, Stockbridge, MA
01262

LIFETIME POCKET SCREWDRIVER



Handiest gadget ever! Only 2 inches long, fits on his or her keychain . . . ready to open lids & lighters, fix motors etc. 1001 uses! We smartly engrave owner's initials. Guaranteed forever. Made of solid gleaming Stainless Steel. Full price $5.00 each. Money back if not delighted. We ship in 2 days. Mail to: **Elgin Engraving Co.**, 522 Stevens Ct., Dept. 1, Dundee, Illinois 60118.

#1 LEVOLOR MAIL ORDER DEALER



OUR 10TH YEAR AS YOUR BEST SOURCE FOR
1" MINI BLINDS ◆ VERTICAL BLINDS ◆ FAMOUS RIVIERA BLINDS
MONACO MINI BLINDS ◆ WOOD MINI BLINDS ◆ PLEATED SHADES
WE ALSO FEATURE: KIRSCH : LOUVER DRAPE : DEL MAR
HUNTER-DOUGLAS DUETTE : BALI : GRABER
DON'T BE FOOLED BY MISLEADING PERCENT-OFF ADVERTISING WE GUARANTEE LOWEST PRICES

LEVOLOR ECONOMY MINI BLIND—FREE VALANCE

WIDTH / HEIGHT	18-23	to 26	to 29	to 32	to 36	to 40	to 44	to 48	to 52	to 57	to 62	to 67
To 42	$14	$16	$17	$18	$20	$22	$23	$25	$27	$30	$32	$34
42+ to 48	$16	$17	$18	$20	$22	$24	$26	$28	$29	$33	$35	$37
48+ to 54	$17	$18	$20	$21	$24	$26	$28	$30	$31	$36	$38	$41
54+ to 60	$18	$20	$21	$23	$26	$28	$30	$32	$34	$38	$42	$44
60+ to 66	$19	$21	$23	$24	$28	$30	$32	$35	$37	$42	$45	$47
66+ to 72	$21	$22	$24	$26	$29	$32	$35	$37	$40	$45	$47	$51

SIZES TO 102W X 108H. CALL FOR WELLS' LOWEST PRICES

CALL OR WRITE FOR A PRICE QUOTE OR FREE BUYERS' GUIDE
1-800-547-8982

WELLS INTERIORS
WEST COAST'S #1 LEVOLOR DEALER
7171 AMADOR PLAZA ROAD, DUBLIN, CA 95468
PLUS 20 CONVENIENTLY LOCATED CALIFORNIA & OREGON RETAIL STORES

ADVERTISEMENT

QUALITY CUSTOM BLINDS

BUY DIRECT FROM THE FACTORY

PAY THE SAME PRICES THAT STORES PAY!

EXPRESSBLINDSFACTORY
Germantown, MD 20874

CUSTOM VERTICAL BLINDS							
L / W	38"	51"	63"	75"	85"	100"	113"
48"	$32.26	$40.05	$46.99	$54.47	$59.67	$68.26	$76.36
60"	35.16	43.52	51.75	59.94	66.04	75.74	84.73
72"	37.74	47.26	56.20	65.73	72.09	83.22	93.01
84"	40.63	51.04	60.84	71.20	78.41	90.34	101.02

- Available in 2 colors: white and alabaster.
- Call for Pleated Blind prices.
- Call for sizes and prices not listed.
- Lifetime Guarantee

CUSTOM MINI BLINDS							
L / W	15"-23"	26"	29"	32"	36"	40"	44"
42"	$9.90	$11.70	$12.60	$14.40	$16.20	$18.00	$20.70
48"	12.60	13.50	14.40	18.00	19.80	21.60	25.20
54"	14.40	16.20	17.10	20.70	23.40	25.20	27.00
60"	17.10	19.80	20.70	22.50	25.20	27.00	28.80

TOLL FREE **1-800-543-2383**
Prices subject to change without notice.

ORDER **TODAY** – Shipped in **2 Working Days – 48 Hours**

WALLCOVERING

UP TO **75%** OFF
EVERY BOOK & PATTERN
NO SALES TAX
(Except NJ & NY)
FREE UPS DELIVERY
NEVER UNDERSOLD

FABRICS

WAVERLY • GEAR
CLARENCE HOUSE
ROBERT ALLEN
JAY YANG • KRAVET
MARIO BUATTA
UP TO **50%** OFF

BLINDS

UP TO **75%** OFF
VERTICAL, MINI & MICROS
LEVOLOR, DELMAR, BALI,
LOUVER DRAPE, GRABER,
HUNTER DOUGLAS &
MORE

MasterCard DISCOVER VISA

NATION WIDE WHOLESALER

1-800-488-WALL

P.O. BOX 40, HACKENSACK, NJ 07602



- We use luxurious white goose down *only*
- Customer-direct savings, money-back guarantee
- Order bone or white box stitch as shown
- Country Classic I, 550 fill power, 230 thread count 100% cotton cover, all-season comforter
- Country Classic II, 600 fill power, 260 thread count 100% cotton cover, more down fill
- Add to your comfort w/white goose down pillows

SIZE	CC I	CC II		PILLOWS
TWIN	$ 79 18 oz	$149 30 oz	ST	$ 69/PAIR
FULL QUEEN	$ 99 25 oz	$199 40 oz	Q	$ 89/PAIR
KING	$119 30 oz	$249 50 oz	K	$109/PAIR

CA RESIDENTS ADD SALES TAX
TO ORDER CONFIRM CREDIT CARD ORDERS ONLY. PHONE TOLL FREE 1-800-888-DOWN
$6.50 SHIPPING & HANDLING FOR ONE COMFORTER OR PAIR OF PILLOWS. ADD $3.50 FOR EACH ADDITIONAL COMFORTER OR PAIR OF PILLOWS

FOR A FREE COLOR CATALOGUE PHONE OUR 800 NUMBER.

HEAVENLY DOWN COMFORTERS
419 ALLAN COURT • HEALDSBURG, CA 95448 • 707-431-1400

LOUVER DRAPE DEL MAR

UP TO **80** % OFF VERTICALS
Dept. Store Price Lists DUETTES MINIS

KIRSCH GRABER DUETTE JOANNA BALI PROFILE

All national brand names, all types of window coverings, call with brand name, pattern name & color. 6 days a week M-F 8:00 - 8:00, Sat 10:00 - 3:00.

800-877-8590

THE BLIND WORKS

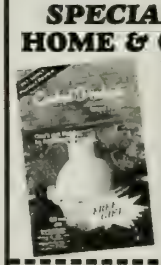
No sales tax outside NJ

THE SMART SHOPPERS CHOICE
VISA • MASTERCARD • FREE UPS SHIPPING

HUNTER DOUGLAS LEVELOR

In time for Christmas

SPECIAL SELECT 1991 HOME & GIFT PRODUCTS



UNUSUAL! You'd have to look in 15 different catalogs to find the extraordinary, specially selected items we guarantee will bring you enduring satisfaction. This collection includes items from lawn care to toys, from cooking to exercise. We have gifts in mind for the entire family. With a $30 order, we will send you a special gift FREE. *DON'T MISS OUT!*

☐ While they last! Please send FREE 1991 Select Product Review.

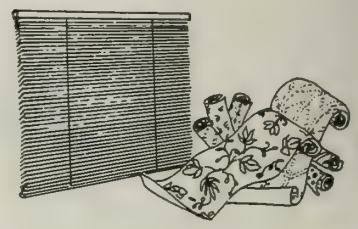
Name _____
Address _____
City _____
State _____ Zip _____

Central Products Corp. • 1606 Indiana • Houston, TX • 77006
(713) 529-1100 *Central Products* BH



WALLCOVERING

Every pattern in every book is now 50% off depending on volume! The more you buy...The more you save! Free shipping within 3 days! "We don't inflate the retail price and we guarantee to beat all prices!" For information call STYLE WALLCOVERING at 1-800-627-0400.



WALLCOVERING AND BLINDS

Save up to 50% off on 1st quality wallcoverings, fabrics and borders. Just call with manufacturer, book and pattern number. Custom made mini, micro or vertical blinds and pleated shades up to 70% off retail prices. Call toll free to order: 800-338-4882. HEADQUARTERS WINDOWS AND WALLS, 8 Clinton Place, Morristown, NJ 07960.

Enter the **Duncan Hines "Mix it Up" Recipe Contest** and win a new state-of-the-art Toshiba TV or one of over 35 other prizes! For details see page 131.

FOR INFORMATION ON MAIL ORDER ADVERTISING:
Write to:
BETTER HOMES AND GARDENS
Dept. MO-12, 750 Third Avenue
New York, N.Y. 10017



REPLACEMENTS, LTD.

A Million Pieces!
Active & Discontinued
China, Crystal & Flatware.

To Buy or Sell:
Call (919) 697-3000, or write:
1089 Knox Rd., P.O. Box 26029, Dept. GBDOA
Greensboro, NC 27409
(SASE Please)

ADIRONDACK CHAIR



The Most Comfortable Wood Chair You Can Own

$69.99 Chair
FREE DELIVERY

For Free Catalog, call or write:
(213) 548-5332
Ciro Coppa, 1231 Paraiso Street
San Pedro, Calif. 90731

FOOTRESTS
LOVESEATS
END TABLES
COFFEE TABLES

Colors

HOW TO ORDER

COLONIAL CHRISTMAS, CHRISTMAS FROM THE OLD WORLD, HANUKKAH



The craft kits, patterns, iron-on transfers, and project plans offered here are *exclusive* ***Better Homes and Gardens®*** designs and are *not available in stores.* Patterns and transfers are full-size and include complete, easy-to-follow instructions; Project Plans are professional quality blueprints including detailed drawings, lists of materials, construction tips, and step-by-step instructions; craft kit contents are as listed.



Father Christmas Kit (at left and page 68) includes scotch pine cones, wire for legs and arms, plastic foam for body, flesh-colored clay for face, plastic eyes, muslin fabric for head, knit fabric for body covering, suede cloth for tunic, fur for boots and coat, trim and cord for coat, felt for boots and gloves, wool for hair and beard, small bells for trims, leather cording for boots and sleigh, net and felt for bags, full-size patterns, full-color photograph, and complete instructions for this 18" tall Santa. Made in U.S.A. Please note coat fabric is not included. **Candle Tree Kit** (page 69) contains dowels in two sizes for trunk and branches, pre-cut and pre-drilled pine wood pieces for base and candle discs plus full-color photograph and complete instructions for assembly and finishing. The finished tree is 31" tall. **In The Beginning Sampler Kit** (page 144) contains antique white Jobelin fabric from Wichelt, DMC floss in four colors, one full spool of DMC silver metallic thread, full-color photograph, chart, needle, and complete instructions for this 12¾ x 18⅝-inch sampler. Made in U.S.A. **Angels in the Heavens Sampler Kit** (page 34) contains 14-count taupe evenweave fabric, DMC floss in 8 colors, full-color photograph, chart, needle, and complete instructions for this 13¾ x 16-inch sampler. Made in U.S.A. **Candle Sampler Kit** (page 70) contains 18-count natural evenweave fabric, DMC embroidery floss in 19 colors, two complete spools of DMC Fil D'or A Broder gold metallic thread, full-color photograph, chart, needle, and complete instructions for this 12⅝ x 30¼-inch sampler. Made in U.S.A. *Chart pack for all three samplers available separately in coupon below.* **Paper Dress-Up Dolls Kit** (page 42) contains two laser cut doll figures with stands (one boy and one girl); two 12-page books plus three individual sheets of assorted colored, patterned, and textured papers for clothing similar to those shown (not identical); full-size patterns; and complete instructions. Each doll measures 12" tall. **Cat Hooked Rug Kit** (page 70) contains silk-screened jute canvas, Claire Murray yarn in 22 colors, special hook tool, full-color photograph and complete instructions to make this 26½ x 32½-inch rug. Made in U.S.A. and Imported. **Angel Doll Kit** (page 35) contains broadcloth for body; yarn for hair; embroidery floss for features; tulle fabric for dress; satin ribbon in three widths; lace identical to that shown in the magazine in two widths for bodice, skirt, sleeves, and neck; heavy interfacing for underskirt; white satin; fusible webbing; small snap; pre-made 4-inch miniature grapevine wreath for halo; full-color photograph; full-size patterns; and complete instructions to make this 14" tall angel. Made in U.S.A.

MAKING CHRISTMAS MEMORIES

Cookies for Christmas is a collection of the very best recipes with step-by-step color photos to show how it's done. Storing, wrapping, and mailing instructions included. Hardcover, 96 pages. Other cookware products available for duplicating this month's great ideas include the following: **Brioche Molds** create delightful individual treats. Set of six. Aluminum **Tart Pans** feature removable bottoms and are available in 9-inch and 11-inch diameters. **Hors d'Oeuvre and Canapé Cutter Set** includes 12 cutters ranging in size from ½" to ¾" packed in a handy metal storage tin. **Dried Red, Tart Cherries** are great in salads, cookies, muffins and fruit breads. Six ounce package; no artificial color; no preservatives. **Meat Thermometer** and **Candy/Deep Fry Thermometer** are precision instruments with readings in both Fahrenheit and Centigrade. Both are dishwasher safe for easy cleanup.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Dept. 2SA, Box 374
Locust at 17th
Des Moines, IA
50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
COLONIAL CHRISTMAS, CHRISTMAS FROM THE OLD WORLD, HANUKKAH				
68	No. 28188 Father Christmas Kit		$39.95	
69	No. 03458 Candle Tree Kit		$24.95	
144	No. 28370 In The Beginning Sampler Kit		$39.95	
34	No. 28369 Angels in the Heavens Sampler Kit		$19.95	
70	No. 28368 Candle Sampler Kit		$29.95	
39, 70, 144	No. 01566 Sampler Chart Pack (Includes charts and instructions for In The Beginning Sampler, Angels in the Heavens Sampler, and Candle Sampler)		$12.95	
42	No. 11627 Paper Dress-Up Dolls Kit		$12.95	
70	No. 21805 Cat Hooked Rug Kit		$149.95	
35	No. 28189 Angel Doll Kit		$39.95	
34, 35	No. 01565 Faience Pillow Set Iron-On Transfer Pattern		$8.95	
35	No. 01564 Sheep Dolls Pattern		$6.95	
143	No. 50907 Noah's Ark Project Plan *(Full-Size Patterns for Animal Shapes)*		$8.95	
39	No. 50908 Wooden Creche Project Plan *(Full-Size Patterns)*		$7.95	
MAKING CHRISTMAS MEMORIES				
96, 97	No. 16297 *Cookies for Christmas*		$7.95	
100, 101	No. 31120 Individual Brioche Molds (Set of six)		$6.99	
93	No. 31228 9-Inch Tart Pan		$4.99	
94	No. 31122 11-Inch Tart Pan		$5.99	
100, 101	No. 31054 Hors d'Oeuvre and Canapé Cutter Set		$5.99	
93	No. 31305 Dried Red, Tart Cherries (6-ounce pack)		$5.99	
100, 101	No. 31204 Meat Thermometer		$5.99	
98, 99	No. 31253 Candy/Deep Fry Thermometer		$7.99	
			Total of Merchandise	
			Sales Tax *	
			Shipping/Handling **	
			GRAND TOTAL	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Alabama, Arizona, Colorado, Connecticut, Florida, Idaho, Illinois, Indiana, Kansas, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Jersey, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, Iowa, Minnesota, Nevada, New York, North Carolina, Ohio, Tennessee, Texas, Virginia, and Washington.

****Shipping and Handling:**
For orders up to $10.00 ..... $2.15
$10.01 to $20.00 ..... $3.00
$20.01 to $30.00 ..... $3.75
$30.01 to $50.00 ..... $4.35
Over $50.00 ..... $4.75

CREDIT CARD ORDERS SPEED DELIVERY!
Fill in the lines below or CALL TOLL FREE 800-678-2672.

Credit Card No. _____
Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

MIDAS China
Save Up To 60%

TOLL FREE 1-800-368-3153

CHINA
Factory 1st Quality
5 Pc. Sets

Doulton	
Carlyle	109.50
Princeton	69.50
Lenox	
Charleston	69.50
Autumn	149.50
Gorham	
Ariana	49.50
Black Contessa	94.50
Noritake	
Golden Cove	47.50
Shenandoah	49.50
Rothschild	42.50
Worcester-Spode	
Evesham (6 piece)	37.50
Christmas Tree	39.50
Wedgwood	
Amherst	74.50
Runnymeade	109.50
Bianca	119.50
Aynsley	
Pembroke	79.50
Leighton Cobalt	89.50
Minton	
Jasmine	84.50
Bellemeade	64.50

STERLING
New from the Factory
4 Pc. Sets

Gorham	
Strasbourg Chantilly	124.50
Fairfax	139.50
Towle	
Old Master Chippendale	119.50
King Richard	139.50
Queen Elizabeth	139.50
Reed & Barton	
18th Century	
English Chippendale	124.50
Francis 1st	139.50
Wallace International	
Joan of Arc Prelude	119.50
Royal Danish Grande Baroque	149.50
Kirk Stieff	
Repousse	134.50
Old Maryland Engraved	149.50
Wm. Shell Queen Anne	189.50

CRYSTAL

	Goblet or Champ.
Baccarat	
Massena	44.50
St. Remy	41.50
Montaigne	40.00
Orrefors	
Prelude	32.50
Illusion	27.50

	Goblet or Champ.
Gorham	
Lady Anne	17.00
Cherrywood	19.50
King Edward	17.00
Lauren Gold	11.00
Joie	15.00

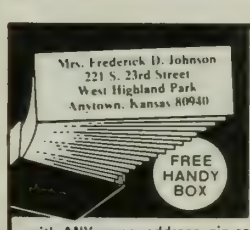
SILVERPLATE & STAINLESS

Reed & Barton	
French Chippendale	39.50
Country French	24.50
1800	24.50
Dresden Rose	39.50
Oneida	
Juilliard	27.50
Easton	27.50
Dover	27.50
Classic Shell	27.50

Prices for 5 Piece Set

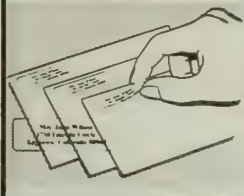
Midas also carries many other patterns and open stock pieces.
Call for our free catalog. Prices subject to change without notice. To Order Call Toll Free 800-368-3153. Give us your major credit card number (Visa, MasterCard, or Discover) and your order will be sent out by UPS. Shipping charges are $4.00 or 1% on Silver or $6.00 or 2% on China. To order by check just mail your check to the address below. In Maryland or D.C. Area call 301-468-3888. Call Monday thru Friday 10:00 a.m. to 6:00 p.m.

Midas 4315 Walney Road Chantilly, VA 22021
Call Toll Free: 1-800-368-3153



1000 RETURN ADDRESS LABELS **$1.49**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS **$3.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $3.98



250 Self-Stick WHITE GLOSS LABELS **$3.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $3.98

Walter Drake 305-C Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____ S717 1000 Labels @ $1.49 $_____
____ P2031 Crystal-Clear Labels @ $3.98 $_____
____ P6030 White Gloss Labels @ $3.98 $_____
Add 40¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

THE MAN NEXT DOOR

DECEMBER 1990

■ I am surprised that no Scrooge has yet suggested that Santa ought to go on a diet. Surprised and grateful.

■ Dad Hillis says an old-timer is one who can remember when getting a telegram meant bad news, and a fairly old-timer is one who can remember getting a telegram.

■ Editor Earl Reeves reports that science is looking for a means of travel that will get us to distant planets at the speed of light—or even gossip.

■ Congressman Nick Hanfli notes that the candidate who turns out to be a sore loser probably would have made a bad winner.

■ "Love makes the world go round," agrees Aunt Opal, "but it also puts a wobble on the spin."

■ With her mailbox flooded by catalogs this season, Grandma Hillis says she never thought she'd see the day when the supply of "wish books" exceeded her interest in wishing.

■ Our high-school principal, Max Keller, believes that too many people would rather reform education than themselves.



"I knew it was Monday when I spent all morning shaving with my cellular phone and talking on my cordless razor."



"Didn't you get my fax?"

■ It seems to me that most of the mom-and-pop stores disappeared about the time the moms and pops retired and moved to Florida.

■ A 4-year-old recently asked Marty Kimball if he could see with his glass eye. "No," quipped Marty, "it's just for looks."

■ Our Judy suggests that the world isn't really heating up, it's just the blush of embarrassment over what we are doing to it.

■ Aunt Opal is convinced that all the five-and-ten-cent stores could have survived if they'd simply swapped dollar signs for the cent marks.

■ These rainy winter days tempt one to wonder why you saved up for them.

■ "I'm finally going to read that memory book I bought last summer," says Grampa Hillis, "if I can just remember where I put it."

■ The Rev. George Hall says too many people are thinking more seriously about the weekend than they are about judgment day.

During a particularly nasty bout of chilly, rainy weather, Chris caught me staring pensively out the back window. "What's the trouble?" she asked.

"Just thinking about the garden," I responded. "I miss the flowers this time of year."

After a pause Chris said, "My great-aunt Alice used to say that memories are flowers that bloom whatever the weather. I'd say we have a full garden of memories."

She was on target, as usual. We spent the next 40 minutes cultivating blossoms we had planted over the years. Good times. Hard times. Scared-to-death times. But mostly happy remembrances of holidays spent together. Our kids are getting older, we realize, and there's no guarantee we'll always celebrate together.

But those memories will never fade, so long as we make the effort to nurture them from time to time.

Happy holidays from the Hillises.

1636

Burton Hillis